UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service
Office of Cooperative Extension Work

REFERENCES TO A FEW PRESS ARTICLES, BOOKS AND FILMS RELATING TO CLOTHING

For the Use of Extension Clothing Specialists

By Edith L. Allen
Extension Service

RECENT DEVELOPMENTS IN TEXTILE FINISHING. By L. G. Lawrie. (The Journal of the Textile Institute, Vol. 24, September, 1933, No. 9, pp. 226-230.)

"A characteristic feature of this development is the enormous number of textile chemical products, over a thousand, excluding dyestuffs, which are actually on the market for use in various finishing processes. These products are designed either to effect simplification in a process or to produce improved, or in some instances, entirely new results on various textile materials. It is significant to find that in spite of some increased cost resulting through their use, many of them have become definitely part and parcel of hitherto long-established operations, and this during a time of intense depression in the textile trades.....A number of other new developments in connection with finishes might be rapidly surveyed.....The methods adopted for waterproofing have undergone a considerable change in recent years towards a simplified technique involving the use of stable emulsions of paraffin wax with aluminium acetate.....Some new brightening and softening agents for cotton and artificial silk based on the new sulphonated alcohols have been marketed, and in addition an antifelting agent, Perminal NF (I.C.I.) for use with wool has been introduced."

SHRINKAGE OF COTTON AND LINEN WOVEN MATERIALS, AII. By G. H. Johnson. (American Dyestuff Reporter, Vol.22, Oct.9, 1933, No. 21, pp.591-592 and 619-621, continued from September issue.)

"(g) The Greatest Shrinkage Occurs During the First Washing. As a general rule, it is the shrinkage that occurs during the first washing that is the most serious. It undoubtedly is true that a slight additional shrinkage may occur through the third washing. However, the additional shrinkage is so slight after the first two or three launderings as to be insignificant. It, of course, is true that instances have been reported wherein consumers claim no shrinkage at all after the first washing, but a serious contraction suddenly after the tenth or twelfth trip to a laundry. As will be seen later, variations in pressing technique may be responsible for such instances. In other instances the customer has been misled in his or her conclusions.....(i) Comparative Warp and Filling Shrinkages. Examination of any of the preceding and following tables establishes the fact that the warp shrinkage frequently is greater than that of the filling. Although this

general observation is not always true, it has been learned that by far the majority of the cotton goods tested developed a greater warp than filling shrinkage.....The necessity for stretching wash suits at the time of pressing also is advised."

WOOLEN AND WORSTED FABRICS GLOSSARY (American Wool and Cotton Reporter, Vol. 47, Nov. 23, 1933, No. 47, pp. 9-10.)

"Manufacturing and Processing Suggestions for Three Typical Fabrics - Cotton-Worsted Piece Dye Suiting - California Weight Top Coating - Men's Fine All-Wool Cassimere Suiting. These practical articles, giving manufacturing particulars for various styles of woolen and worsted fabrics, appear regularly in the fourth issue of each month, which is a special Wool Manufacture and Process Edition."

STYLE PALETTE REVEALS FRESH MAGIC OF COLOR. (Washington Post, Nov. 21, 1933, p. 13.) Paris dispatch (AP).

"New color combinations have appeared on fashion's palette. The latest mixtures are as fresh as new paint and as sophisticated as a modern artist's canvas.....Here are some of the most striking combinations evolved from fashion's paint box: Dark prune blue and wood brown lightened by touches of dead white; smoke gray, dark brown, and forget-me-not blue; brilliant Chinese blue, tete de negre brown and dull gold.....The new tones of blackberry, mulberry, raspberry, prune and grape, which are among the smartest on the style scene, are favorite bases for the sophisticated combinations. Designers delight to combine them with one another in subtle mixtures."

DYEING AND REDYEING SILK HOSIERY. By Noel D. White (Textile Colorist, Vol. 55, June 1933, No. 654, pp. 371-372 and 420.)

"When the dyer now has a shade that is out of control he can strip it, and make a fresh start. If there is in stock one or many shades that do not move fast enough they can be brought back to the dye house, stripped, and redyed in more fashionable easily sold colors, and the stock can now be kept low and thus avoid keeping a large capital tied up in obsolete colors. After a lot of hosiery is finished, it is usually inspected for bad work; spotted, uneven, off-shade hosiery is taken out and put into redyes, which in the past was usually redyed black. Now, when there is enough to make up a lot of these thrown-out stockings, the dyer can strip down the old color and redye the lot any shade desired.....In this depressed time when stocks are hard to move, even at the greatly reduced price of hosiery, the lost beauty of this queen of all fibers, the most beautiful when properly dyed and expertly finished, but irreparably lost in the process of redyeing and refinishing, owing to the whim of fashion, is no longer a detriment to the finished hosiery.....The more punishment is inflicted on the silk, the harshest treatment it is subjected to, the more destruction is wreaked on its beauty and brilliancy the better the product will be accepted by a fickle fashion. What if the strength of the hosiery is reduced, and stockings will not last more than a washing or two? More stockings will be needed and sold to keep the mills going."

A BRITISH STANDARD COLOR CARD. Correspondent (Textile Mercury and Argus, Vol. 89, Oct. 6, 1933, No. 2325, pp.303.)

"The dyeing of pure silk ribbon showing colors to appear on the British Color Council Standard Card will, Textile Mercury learns, shortly be completed after which the card will be issued as soon as the material is mounted. The production of this card will mark the greatest achievement of modern times in assisting British and Empire industries with color definition. Patterns of pure silk ribbon with a name allotted to each will make known as standards those colors which are used in all industries and for which there is a permanent demand. These standard colors are issued by the British Color Council in addition to the seasonal fashion colors and will remain standard for all time.....It has been necessary to collate all the various samples of colors bearing the same name; investigating as to which sample is the truest representation of the color under consideration and then further, going into the question as to whether such a color has been known previously by another name or names. With certain colors it has also been necessary to study the foreign translations, as these may now have become known in this country as an entirely different hue.....The British Color Council is also preparing a dictionary to be issued with the card. This dictionary will not only give information respecting the colors on the card but the names by which these colors have been known, including foreign names."

NEW FEET FOR OLD. By John Martin Hiss (Garden City, Doubleday, Doran & Co., Inc., 1933, pp. XXII+140, illus. 43.)

The book treats of such topics as Why We Have Foot Troubles, The Broken Arch, Why We Have Bunions, Rebuilding the Foot, Choosing the Right Shoe, and Aids to Home Treatment.

State Extension Publications

CLOTHING CONSTRUCTION. Zella Blake. (Ariz. Agri. Co. Ext. Circ. 78.) Tucson, 1933.

United States Department of Agriculture Publications

RECENT DEVELOPMENTS IN THE DOMESTIC COTTON INDUSTRY. Frederick V. Waugh, Carl C. Farrington, and Maurice R. Cooper. 12 pp. Bu. of Agri. Econ. U.S.D.A. (Mimeographed.)

ROMNEY WOOL STUDIES, 1930-1933. James W. Christie. 7 pp. (Issued by Division of Livestock, Meats, and Wool.) Bu. of Agri. Econ. U.S.D.A.

Educational Films for Home Economics Classes

LEATHER--Sources, tanning and making of shoes. (Eastman Teaching Films, Inc.) 16mm. Silent.

THE SHOE--Production from raw materials. (Edited Pictures System, Inc.) 16mm. Silent.

MAGIC OF MODERN SHOEMAKING. (Melville Shoe Corp.) (Y.M.C.A.) 16mm. and 35mm. Silent.

AMERICAN GLOVE CRAFT. (DeFrenes & Co.) 16mm. and 35mm. Silent.

A WOOLEN YARN--From fleece to finished cloth. (American Museum of Natural History.) (General Electric Co. Publicity Dept.) 16 and 35mm. Silent.

COTTON--CIVILIZATION'S FABRIC--Cotton from field to mill. 16 and 35mm. (American Museum of Natural History.) (Fruit of the Loom Mills.)

SILKEN COCOONS--Story of a piece of silk. (Bell and Howell.) (Edited Pictures System, Inc.) 16mm. Silent.

ROMANCE OF RAYON--From tree to material. (American Museum of Natural History.) (Y.M.C.A. Natl. Council of Motion Picture Bureaus--35mm only.) 16mm and 35mm.

FROM FLAX TO LINEN. (Eastman Teaching Films, Inc.) (Visual Instruction Service, Iowa State College.) 16mm. Silent.

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REFERENCES TO A FEW PRESS ARTICLES AND PUBLICATIONS RELATING TO CLOTHING [no 2]

For the Use of Extension Clothing Specialists

By Edith L. Allen
Extension Service

CLOTHING AND WIND. Abstract (Heating and Ventilating, vol. 31. February 1934, no. 2).

"A theoretical discussion of the effect of clothing on the process of cooling the human body by conduction at constant temperature. The author has developed formulae expressing relationships between rate of cooling and wind velocity for clothed and unclothed bodies. The following conclusions are reached: A given wind velocity cannot cause as great an increase in percentage rate of cooling on clothed bodies as on naked bodies. If overall coefficient of conduction of clothing is less than the air film coefficient for still air, no increase in velocity of air can cause as large an increase in cooling rate as removal of clothing. If clothing coefficient is greater than air film coefficient for still air, greater cooling is effected by increasing air velocity than by removing clothing. Under fixed conditions of clothing and wind velocity, rate of cooling of either clothed or naked bodies is directly proportional to difference between the temperature of the body and the dry-bulb temperature. (The Effect of Clothing on the Rate of Cooling of the Body, by Walter S. Weeks, Department of Mining and Metallurgy, University of California, Berkeley. Published in Journal of Industrial Hygiene, September, 1933, approximately 1,000 words.)"

COSTUME SILHOUETTES. Mary Evans. (J. B. Lippincott Company.)

"Contents: Introduction; the Egyptian silhouette; the Grecian silhouette; the silhouette of the Roman woman; silhouettes of the Middle Ages; the sixteenth century silhouettes; the silhouettes of the seventeenth century; the eighteenth century silhouettes; silhouettes of the nineteenth century; twentieth century silhouettes; one's own silhouette; suggestions for the use of this book; bibliography; index.....Introduction: For those interested in the artistic, economic, or historic phases of costume a study of the silhouette possesses considerable interest and value."

FIRST PRINCIPLES OF NEEDLEPOINT STITCHERY. Christine Ferry and Mildred Mowll. (House and Garden, vol. 65, February, 1934, no. 2, pp. 30 and 64, 2 illus.)

"Interest in the doing of needlework for upholstery purposes, during recent years, follows the trend toward interior furnishings reminiscent of earlier periods and responds to the need of suitable upholstery fabrics for the quantities of antique furniture which have been imported into this country, the heirlooms of the American Colonial period and the reproductions which have been made from them.....Although various types of needlework may be suitably employed in the development of upholstery fabrics, two are of major interest because of

their durability, technical simplicity, and usability under varying conditions--needlepoint and bargello--either one of which is not necessarily restricted to any particular period, but when developed in a design harmoniously related to the furniture piece it is to cover, may suitably be used with many different styles of cabinet work." (This article describes the making of needlepoint.)

FULL-FASHIONED SELVAGES. M. C. Miller. (Textile World, vol. 83, November 1933, no. 12, pp. 66-67, 3 illus.)

"Why do various knit fabrics curl? This question and others are answered in the accompanying article. This article and those which are to follow are actually a continuation of Mr. Miller's series on full-fashioned machines and their operation."

HAZARDS OF DRY CLEANING. Editorial. (Journal of the American Medical Association, vol. 101, Dec. 16, 1933, no. 25, pp. 1970-1971.)

"According to a recent study of the problem of dry cleaning, particularly as it relates to the home, more than 50 solvents sold for the purpose of cleaning fabrics at home by immersion were found to consist of one or more of the following organic liquids: Carbon tetrachloride, chloroform, trichlorethylene, ethylene dichloride, propylene dichloride, benzene, toluene, ether, alcohol and petroleum distillates of various degrees of volatility. This is a formidable list of 'dangerous chemicals' for any physician to contemplate, and it at once conjures up risks to human well-being in more than one way.....As far as the local effects of the cleaner solvents are concerned, all of them were found, as might be expected, to have the effect of removing oil from the skin, thus causing it to become chafed and cracked, particularly around the fingernails.....Such substances as naphtha and petroleum benzin, as well as other volatile petroleum distillates, may exert a baneful influence on the nervous system; and gasoline fumes cannot be endured long with impunity.....They assert that aside from its acute effects, carbon tetrachloride is known to produce chronic ills in persons breathing only small quantities of its vapors through considerable periods. The compound appears to have a particularly deleterious effect on liver and kidney tissues, some of the latter of which cannot be rejuvenated, once destroyed."

NEW LAUNDRY CHEMICAL. (Textile Colorist, vol.55, November 1933, no. 659, p. 767.)

"It has been found in a joint investigation of the Buromin Co. of Pittsburgh, Mellon Institute, and the American Institute of Laundering that calgon, a new phosphate, possesses distinct utility in laundering processes. According to the report on this research, calgon has the unique property of dissolving lime soaps by transforming them into active sodium soaps. The occurrence of lime soaps in soft-water laundries is pointed to as far more widespread than is commonly thought. It was proved that calgon is not injurious in any way to textile fabrics nor to colors, and that its use effects an economy in washing supplies. Copies of the complete report are procurable gratis upon application to Mellon Institute of Industrial Research, Pittsburgh, Pa."

OLD STYLE TRENDS IN NEW FABRICS. (The American Silk and Rayon Journal, vol. 52, December 1933, no. 12, pp. 29-30).

"Stiffer silks, woven plaids and stripes, and genuine warp prints in taffeta weave are numerous enough in new collections for next spring to give assurance that fashion has very definite style changes in view.....It happens, however, that most if not all types of modish silks will be produced in varying qualities to allow for price limitations on the part of the consumer. Increased costs of production are being offset by new fabric developments conceived to meet today's conditions."

RAYON DYEING AND FINISHING - 17. B. L. Hathorne, consulting textile chemist. (American Dyestuff Reporter, vol. 22, Nov. 20, 1933, no. 24, pp. 693-694, 709-712, and 716. Continued from Nov. 6 issue.)

"Flat crepes.- The term rayon flat crepe usually designates a fabric consisting of an untwisted (except for the usual $2\frac{1}{2}$ turns put in by the rayon manufacturer) rayon warp combined with a relatively highly twisted filling yarn. The fabric is so designed that the twisted filling slowly shrinks during the scouring operation, thus producing the well-known crepe effect. Properly designed and finished flat crepes present a very pleasing appearance and are soft and pliable with respect to hand. These fabrics will stand a surprising amount of wear and washing without objectionable deterioration of any sort. Many fabrics sold as rayon flat crepes do not coincide with the definition of a rayon flat crepe as given above.....Imitation flat crepes.- This heading covers the vast group of fabrics designed to imitate flat crepe fabrics in appearance at a cheaper cost.... One successful imitation flat crepe has been produced by weaving a twisted cotton warp (2 threads alternating left and right twist) with an untwisted rayon filling. This fabric possesses the general appearance of a flat crepe fabric, particularly at a distance of 3 or 4 feet, for example, when observed in a store window. In a way it is unfair to regard such a fabric as an imitation, as this particular fabric gives the consumer very excellent service. In characteristics it varies from a true flat crepe only with respect to feel and draping qualities." (In the same way the article discusses taffetas, twills, lining cloths, voiles, georgettes, satins, and pile fabrics.)

WOMEN MAKE ATTRACTIVE DRESSES FROM SACKS. Nora M. Hott. (Agricultural Leaders' Digest, vol. 15, January 1934, no. 1, p.36).

United States Department of Agriculture Publications

INSTRUCTIONS FOR MAKING A COTTON MATTRESS. (January 1934, 6 pp.) Bureau of Home Economics, U.S.D.A. (Mimeographed.)

HEMP FIBER PRODUCTION. Lyster H. Dewey and Andrew H. Wright. 8 pp. (Issued by Division of Fiber Plant Investigations.) Bureau of Plant Industry, U.S.D.A. (Mimeographed)

CLOTHING ECONOMICS. (Oct. 13, 1933, p.14.) Bureau of Home Economics, U.S.D.A. (Mimeographed)

State Extension Publications

CLOTHING: REQUIREMENTS IN 4-H CLOTHING DEMONSTRATIONS FOR OLDER GIRLS. R. L. Wolfe. (Arkansas Agricultural College Extension 4-H Leaflet 11-V.) Fayetteville, Ark., 1933.

CLOTHING: CARE AND REPAIR OF CLOTHING FOR THE FAMILY. R. L. Wolfe. (Arkansas Agricultural College Extension 4-H Leaflet 11-W.) Fayetteville, Ark., 1933.

CLOTHING: PLANNING AND CARING FOR A CHILD'S WARDROBE WITH CONSTRUCTION OF GARMENTS. R. L. Wolfe. (Arkansas Agricultural College Extension 4-H Leaflet 11-X.) Fayetteville, Ark., 1933.

CLOTHING: WARDROBE PLANNING, SELECTION AND CONSTRUCTION FOR THE CLUB GIRL. R. L. Wolfe. (Arkansas Agricultural College Extension 4-H Leaflet 11-Y.) Fayetteville, Ark., 1933.

CLOTHING PROJECT: FINISHES. E. Dodson. (California Agricultural College Extension H.D. 136, rev.) Berkeley, Calif., 1933.

CLOTHING PROGRAM: DRY CLEANING AT HOME. (California Agricultural College Extension H.D. 372, rev.) Berkeley, Calif., 1933.

HOME-MADE COTTON MATTRESS. R. L. Wolfe. (Arkansas Agricultural College Extension Circ. 322.) Little Rock, Ark., 1933.

WELL-GROOMED 4-H CLUB GIRL. M. E. Leighton (Vermont Agricultural College Extension Circ. 77.) Burlington, Vt., 1933.

COLOR AND ITS APPLICATION TO DRESS. I. M. Story. Revised by M. Purcell. (Kentucky Agricultural College Extension Circ. 184, rev.) Lexington, Ky., 1933.

TEXTILE FIBERS AND FABRICS. I. M. Story. Revised by M. Purcell. (Kentucky Agricultural College Extension Circ. 185, rev.) Lexington, Ky., 1933.

YOUR SEWING MACHINE: ITS CARE AND ADJUSTMENT. R. D. Barden and N. R. Bear. (Ohio Agricultural College Extension Bul. 140.) Columbus, Ohio, 1933.

A MANUAL FOR HOME SEWING. A. Sager. (Oregon Agricultural College Extension Bul. 468.) Corvallis, Oreg., 1933.

CLOTHING CONSTRUCTION HANDBOOK FOR MONTANA HOME DEMONSTRATION CLUBS. J. Pollock. (Montana Agricultural College Extension Bul. 131) Bozeman, Mont., 1933.

4-H CLUB GIRL'S SPECIAL OCCASION CLOTHES: THIRD YEAR CLOTHING. M. G. Euren. (Montana Agricultural College Extension Bul. 138.) Bozeman, Mont., 1933.

SPENDING THE CLOTHING DOLLAR. H. E. Hill. (New Hampshire University Agricultural Extension Circ. 150.) Durham, N.H., 1933.

4-H CLOTHING PROJECTS: USEFUL ARTICLES. B. B. Everhart. (Ohio Agricultural College Extension 4-H Circ. 59, reprinted, i.e. rev.) Columbus, Ohio, 1933.

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REFERENCES TO A FEW PRESS ARTICLES AND PUBLICATIONS RELATING TO CLOTHING-NO.3

For the Use of Extension Clothing Specialists

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NEW WOOL SHADES.(Fibre and Fabric, vol. 87, Feb. 24, 1934, no. 2560, p. 13.)

"The 1934 summer woolen card, comprising a special collection of 10 new shades, has just been sent out by the Textile Color Card Association to its members.....This supplementary woolen card, the first of its kind to be issued by the association, constitutes an additional service to members.....The high fashion tendency toward faded or overcast shades is apparent in several important colors of the group. Dustblu, a muted tone of medium value, reflects the growing interest in greyed blues. Aztec Rust, a soft Indian pottery tone with a hint of rose, is a new variation of the popular Mexican theme. A smart expression of the same motif is Mexigold, a deep old gold. Completing the group of "off" shades is Honey Peach, a mellowed fruit tone.....Among the paler tints, Creampearl represents a new version of "off-white". Anisette, a refreshing pastel green, is the shade of the French liquer by that name. Tuscan Blue is a smart rendition of a "linen" blue tone. Another cool, summery hue is Dawnrose, a clear pink with depth.....Because of the marked interest in aquamarine and lemon yellow, Aquarelle and Lemontint, respectively, are two pastel tones which have been repeated from the spring color card .....These new colors are intended for use not only by the woolen trade but by other textile and allied fashion industries as well, including millinery."

RESEARCH NOTES ON WOOL -- III. J. S. Brown.(Textile Colorist, vol. 56, January 1934, no. 661, pp. 30-31 and 59.)

"Relation to choice of clothing. -- The atmosphere within the clothing, at or very near saturation, and the difference in moisture-holding capacity between wool and cotton may come into account in the choice of garments. Since cotton does not hold as much regain moisture at say 95 percent relative humidity, there is more chance for its condensation on the clothing as free water, accompanied by the wet, clammy feeling that is not noticed as much with wool. The evidence may not yet be

conclusive, but the evolution of heat by wool as it absorbs moisture is supposed to have an appreciable influence on the comfort value of a wool garment. A dry wool garment if put on next to the skin will immediately begin to take up the moisture that is being evolved and cause an actual slight rise of temperature. Evaporation of the moisture from the outer surface of the wool garment tends to cool it and, theoretically at least, there should be a more or less continuous slight evolution of heat next the skin as new moisture is absorbed into the garment. In the writer's opinion these points are yet to be proved, but examples are known where wool baled very dry and then accidentally wet on the outside took fire spontaneously. The explanation is that the water penetrated the bale, was vigorously absorbed by the wool and generated heat faster than it could be conducted away. It therefore took fire. Wool is more sensitive to moisture than other fibers. Swelling, elasticity and plasticity, the underlying essentials of wool finishing, are closely bound up with moisture content."

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POSTURE -- A STANDARD FOR ANTERIOR POSTURE. C. Ulysses Moore, M.D., Portland, Ore. (American Journal of Diseases of Children, vol. 47, March 1934, no. 3, pp. 489-498, illus. 5.)

"Although a perfect form may occasionally come by chance, heredity, nutrition, and training in posture are etiologic factors of immense importance.....3. Standards for anterior posture comparable and complementary to the profile forms are suggested which permit anteroposterior grading. 4. The application of both these profile and anterior standards to several hundred children indicates that a person deserving an A 1 Grade is at present extremely rare. 5. Grading and correction of posture should be combined with careful attention to mineral metabolism."

"TECHNOLOGIST" DISCUSSES SOME NEW USES FOR RUBBER IN TEXTILE FINISHING. -- Has the Printing Process Been Overlooked? (Textile Mercury and Argus, vol. 89, Nov. 10, 1933, no. 2330, p. 411.)

"A binding agent. In the first place it should be pointed out that rubber can easily act as an adhesive or binder for filling substances such as starch, mineral pigments, and neutral salts. Thus it should be possible to prevent 'dusting-out' of heavily filled fabrics by the use of a small proportion of rubber as a binding agent. Similarly in the delustering of rayon materials by loading with mineral substances (china clay, barium sulphate, etc.) there is the possibility of using rubber for rendering these effects more permanent than usual."

FABRICS OF 1934: A SELECTION FROM THE MORE PROMISING COTTON, WOOL, RAYON, AND SILK SAMPLES. (Textile World, vol. 84, Feb. 28, 1934, no. 3, pp. 89-92, illus. 29, diagrams 14.)

"Twenty-nine fabrics are discussed as to construction. For example, 'cotton checked voile will be popular for party dresses this spring in both printed and plain colors, 36", 96x72, 58 medium twist voile in both warp and filling.' A diagram of the weave is shown."

A.S.T.M. STANDARDS ON TEXTILE MATERIALS. Prepared by Committee D-13, on Textile Materials. (Specifications, Tolerances, Methods of Testing, Definitions, and Terms, September 1933, Published by American Society for Testing Materials, Philadelphia, Pa., 164 pp., illus.)

"This pamphlet contains the methods of testing, definitions, terms, and specifications for textile materials developed by the American Society for Testing Materials, and materials relating thereto. It is published for the purpose of presenting in a single cover data that the society believes to be of much importance to all who deal with textile materials."

THE FLOW OF STARCH PASTES. W. A. Richardson, M.Sc., and R. Waite (Jour. of Textile Industry, vol. 24, November 1933, no. 11, pp. T383-T416, 23 illus.)

"Three types of change are recognizable: (1) The rise of viscosity brought about by the swelling and disruption of the starch granules. (2) A fall of viscosity associated with mechanical agitation. (3) A fall of viscosity observed on storage at rest or under conditions of mechanical agitation. This fall is ascribed to hydrolytic disruption of chemical linkages in the originally existing starch paste.....When soap is added in small amounts to an already formed starch paste, the normal aging changes are retarded, and the stability is increased to an extent altogether beyond any effect arising from the small changes in pH that accompany the addition.....The addition of moderate quantities of soluble salts to a starch paste diminishes the viscosity in a manner similar to that which has been observed for sols of gum arabic, 16/, 17/, for soluble starch 11/, or agar. 13/. The fall of viscosity has been ascribed either to a diminution of hydration of the colloid brought about by the electrolyte, or to a diminution of its electro-kinetic potential relative to water."

16/ Taft and Malm. Jour. Phys. Chem., 1931, 35, 874.
17/ Thomas and Murray. Jour. Phys. Chem., 1928, 32, 671.
11/ de Jong. Rec. Trav. Chim. Pays-Bas, 1924, 43, 189.
13/ Kruyt and de Jong. Ztschr. Phys. Chem., 1922, 100, 250.

BUILDING FOR POSTURE, By J. Albright Jones, (Hygeia, vol. 12, March 1934, no. 3, pp. 236-237.

"There is a definite relationship between health and the way the body is carried.....A majority of the cases of chronic backache are due to a faulty posture that causes a constant strain on the muscles and ligaments of the back.....One of the important requisites for correct posture is that the weight is carried slightly forward on the balls of the feet where there is a certain amount of spring.....Many persons are surprised to learn that constructive exercises can be started when the baby is only 5 or 6 months old.....The training is a slow process; but by devoting about 15 minutes a day to these corrective exercises, good posture will gradually be developed and retained."

THE CLEANER'S CODE, THE LAW FOR THE CLEANING INDUSTRY, AS SIGNED BY PRESIDENT ROOSEVELT. (National Cleaner and Dyer, vol. 24, December 1933, no. 12, pp. 25-28.)

"The term 'fabric' as used herein means any article of wearing apparel (including hats), household furnishing, rug, textile fur, and leather.....The term 'finishing' as used herein means the process of pressing and/or reshaping any fabric, which is designed to restore as nearly as possible the shape, dimensions, and contour of said fabric .....To adopt and prescribe minimum standards of quality for each of the several types of service performed by the cleaning and dyeing trade, and, to this end, to cooperate with a committee to be selected by the following method: 1. One (1) active member of the National Association of Dyers and Cleaners shall be appointed by the board of directors of that association. 2. One (1) person shall be appointed by the American Home Economics Association. 3. One (1) technician (who may be selected from without the trade, preferably from the United States Bureau of Standards).....The following practices, by any members of the cleaning and dyeing trade, constitute unfair methods of competition and are prohibited: Misleading advertising, underselling claims, misleading guarantees, disclaimers, misrepresentation of prices, selling below regional price, unfair merchandising devices, added charges, and secret rebates....."

THE HAZARDS OF DRY CLEANING. Lester Hollander, M.D., Pittsburgh, Pa. (Journal American Medical Association, vol. 102, Jan. 6, 1934, no. 1, pp. 66.)

".....Since the introduction of carbon tetrachloride and trichlorethylene as a general solvent in the dry-cleaning establishments, I have noted cases of dermatitis of varying severity which followed the wearing by women of clothing recently cleaned in these establishments. In all the instances observed, there occurred an annoying, somewhat scaly, reddened, and well-defined involvement within 48 hours.....The treatment of this contact dermatitis is exceedingly difficult; the mere removal of the offending clothing is not enough as is the case in so many other forms of this group of dermatitis. The skin has to be kept well lubricated with such a preparation as cocoanut oil. I usually ask these patients to remain at home for several days, put on loose muslin garments, and keep themselves literally soaked in oil....."

NOVELTY THE KEYNOTE AT THE 1934 EXHIBITION. (Textile Mercury and Argus, vol. 90, Feb. 23, 1934, no. 2345, pp. 157-158.)

".....<u>From waste linen.</u> -- There are several new fabrics of special interest on the stands of merchanting and wholesale firms. 'Merlin', a new type of fabric made from yarns spun from waste linen is outstanding in this connection, and this is a process which offers very big possibilities. The linen influence is strong in both dress goods and men's wear. Lancashire firms are introducing cotton and linen mixture fabrics, linen-finished cotton goods, and here and there are excellent real linen printed dress goods....."

CONSUMER CONTACTS MADE SECURE WITH TESTED GOODS. G. H. Johnson. (Starch-Room Laundry Journal, vol. 40, December 1933, no. 12, pp. 44-46, illus.)

State Extension Publications:

DRY CLEANING AT HOME. M. E. Robinson.(Mo. Agri. Ext. Circ. 312.) Columbia, 1934.

TAILORED FINISHES MADE EASY. H. Roche.(Nebr. Agri. Col. Ext. Circ. 456.) Lincoln, 1933.

Textile Bibliography, U.S.D.A.:

REFERENCES ON THE HANDICRAFTS OF THE SOUTHERN HIGHLANDERS. Compiled by Everett E. Edwards, Division of Statistical and Historical Research. February 1934, 22 pp.

A SELECTED LIST OF TEXTILE BOOKS AND PERIODICALS. 6 pp. Bureau of Plant Industry.

LITERATURE ON COTTON. 8 pp. Issued by Division of Cotton, Rubber, and Other Tropical Plants.

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REFERENCES TO A FEW PRESS ARTICLES AND PUBLICATIONS RELATING TO CLOTHING
(No. 4)

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Extension Service

DRESS GOODS SLOW. (American Wool and Cotton Reporter, vol. 48, July 19, 1934, no. 29, p. 26.)

"The outlook is auspicious for sheer dress goods, the lightweights accounting for lower prices than would otherwise be possible in many cases. There is a good deal of favor being shown toward the various yarn-dyed constructions that include plaids, checks, and some stripes. A number have gone in for cloths with raised yarn which is in line with the novelty trend. For staple use a number of very plain cloths have been included in dress lines.....Coating situation approaches normal. ...So far the suedes look inviting to many in this market.....A number have put their forces behind tweeds.....Various mossy-finish coatings have been in request, while more has been heard of broadcloths in some directions where finer coats are made." Conditions of the market are given much space.

FABRIC, STYLE, QUALITY, AND PRICE FACTORS FOR FALL. Alice Perkins. (The American Silk and Rayon Journal, vol. 53, June 1934, no. 6, pp. 33-34.)

The condition of the market as well as popular fabrics are discussed. "Shops and retailers have been selling price rather than quality for so long a time that silk houses which formerly made high-grade goods of the natural fiber have planned their grades to catch a share of the volume business for mass consumption. So one finds manufacturers showing current synthetics and mixed fabrications that are popular in price and also in smart style appeal. As taffeta is a pronounced leader among the yarn-dyed silks, it is being exploited extensively right now, and will be dominant in the autumn for more or less formal dress uses. It is being offered in synthetic yarns, notably of acetate with other fibers, including some pure silk.....Bengaline in black and in colors has taken well with makers of evening wraps, in swagger and more formal short outerwear models.....Taffetas, plain and figured, plain lustrous satins, and some elaborate flowered satins, vie with metal cloths and metal with silk fabrications in formal elegant offerings for fall and winter. Threads of metal are interwoven with silk fibers in ribbed and nub yarn effects, while jacquard designs introduce the metals in classic patterns. Both silver and gold are good.....Spectacular sales in some instances, and steady counter buying over a number of weeks, bear testimony to the changing demand for custom-made and home-sewn apparel. Another significant evidence of the trend toward consumer buying of silks by the yard is the installing or enlarging of retail departments by various wholesale silk companies."

FILLERS AND WEIGHTING PIECE GOODS. J. A. Clark. (Textile Colorist, vol. 56, May 1934, no. 665, pp. 309-312. Reprint from the Textile Manufacturer.)

Each of the weighting materials and processes for cotton is described in considerable detail. "When used in cotton finishing, mineral fillers are applied to increase the weight, extend the fibers, and close up the interstices between the yarns as well as to produce opacity or covering effect, the purpose of this being to simulate the appearance and weight of better fabrics. These materials have no adhesive properties in themselves and are necessarily bound to the fibers by the fats, starches, and gums used in conjunction with them in the finishing mix. Insufficient starch or gum permits these fillers to become loosened from the fabric on handling, and this is known as 'dusting.' This is quite often found to exist on heavily back-filled goods and can readily be observed, if existing, by tearing the cloth with the hands. Liberation of dust is usually the indication of either excess filler or insufficient binding material.....Clay, talc, and gypsum are the principal minerals of this group, although other white minerals are used to a lesser extent.....The clay most suitable for textile finishing is china clay.....Talc produces the smoothest and softest feel of the mineral fillers with a covering power second to clay.... Calcium sulphate (Satinite), another filler, is sold under several trade names, as well as by its mineral name of gypsum.....When increase in weight is desired with less filling effect, various salts, glycerine, glucose and such are used although these are not entirely without some filling action. Most of these are hydroscopic and owe their weighting effect to their ability to absorb moisture from the atmosphere.....Glycerine, because of its hydroscopic nature, is capable of acting as a softener by swelling of the cotton fiber and is no mean weighting material in that it is capable of absorbing approximately 30 percent of its weight of water on exposure to an atmosphere of ordinary humidity and can absorb considerably more from damp air.....Glucose is used for both softening and weighting, and produces a full, thick, and mellow hand."

FOOTWEAR FABRICS. Wilkenson. (Canadian Textile Journal, vol. 51, Feb. 23, 1934, no. 4, pp. 33-34.)

Discusses improvement of strength, stretch, elasticity, and appearance of drill and duck lining textures used in boot and shoe industry and the defects in such fabrics which cause difficulty.

FOR BETTER WEARING TEXTILES. (American Dyestuff Reporter, vol. 23, Apr. 9, 1934, no. 8, p. 210.)

"The wearability, or wear resistance, of textile dress fabrics is a vastly different problem today than it was when our grandmothers purchased their best silk dresses for a lifetime of wear. Today it is the style factor that determines the type of the gown purchased; the question of whether or not the fabric will resist abrasive wear is seldom thought of. The style cycle is usually so short-lived that the gowns are outmoded and discarded before the component fabric begins to show signs of wear. And it is this character of demand from consumers that encourages the production of fabrics lacking in strength and resistance to abrasive wear, although fast in color and satisfactory in design and finish. These were among the facts brought out at the conference of textile authorities on fabric wear and wear testing, held under the auspices of the United States Institute for Textile Research, Inc., at the Hotel Commodore, New York City, Saturday, March 24."

IT'S NOT COLOR, BUT THE IDEA OF RED MAKES YOU FEEL WARM. (Washington Post, June 18, 1933, p. 8.) New York, June 9, Associated Press.

"Little Red Riding Hood would have seemed as warm in a green riding hood, it has been proved by two researchers of New York University. David H. Pierce and James D. Weinland, of the university, conducted their experiments with a testing machine operated by workmen in a room illuminated with varicolored lights. Their findings conclude, 'There was no evidence supporting the view that red is warm and green is cool. The results indicate that feeling responses to color are due to association of color with objects rather than to any inherent feeling response to color itself.' The workmen were checked on their reactions while doing the same labor under lights of red, green, blue, yellow, orange-amber, and yellow-amber. 'White light produced conditions resulting in the least nervous excitation and the greatest output,' they found. 'When the color deviated from white, nervous excitation, sometimes pleasant and sometimes unpleasant, resulted. We conclude that special influences attributed to particular colors are responses suggested by tradition, or more frequently, a consequence of both color and situation. We do not find evidence that green would be energizing, or that any color unaided by design or content would carry its associational effect into the workroom. Results suggest that warmth and coolness in color do not mean temperature warmth and coolness. Because flame and blood are red, people assume that red always has a warming effect, forgetting that sunset reds, autumn-leaf reds, and flower reds do not apparently make people feel warm.'"

LACE PATCHWORK. Celia Moonfield, (Homes and Gardens, no. 12, May 1934, vol. 15, pp. 560-561, illus.)

This article tells how to use odds and ends of lace in making mats and other useful articles by piecing them together: ".....the first step towards patchwork is carefully to examine and separate the laces. Lot 1 will consist of those which are in good condition; lot 2, those which possess sound portions; lot 3, pieces which are fragile, yet suitable for small articles to be displayed under glass; lot 4, the 'impossibilities'..... we should adapt our design to our pieces. Some 'possessions' lend themselves best to symmetrical patchwork.....Crazy patchwork will 'swallow' almost anything with grace, bar strips of lace." Detailed instructions are given.

STRUCTURE OF FANCY YARNS. (Fibre and Fabric, vol. 87, June 2, 1934, no. 2574, pp. 8-9.)

"Various effects in fancy threads can be produced by using different mechanical contrivances on ordinary and fancy spinning frames. The simplest methods of producing fancy yarns are by means of the ordinary machinery. Thus, in carding, small neps of wool are introduced into the web of the woolen card by a slow lattice, and these eventually appear in the sliver, and, when spun, form colored lumps in the finished yarn. Fancy effects can also be obtained by rearranging the flats on the cotton so that they travel in the wrong direction, by which means the fibers emerge in a jumbled, lumpy condition, suitable for spinning into what is termed a 'knicker' yarn, which gives a rough appearance to the cloth." Next follow descriptions of making slub yarns, spiral yarns, gimp yarns, knop yarns, and doubled slub yarns."

UNSHRINKABLE FINISH OF KNITTED WOOL GOODS: THE EFFECTS OF THE PRESENCE OF ACID OR SALTS IN CHLORINATING LIQUOR; EFFECTS OF TEMPERATURE; AND THE ACTION OF BROMINE. S. R. Trotman. (Textile Colorist, vol. 56, February 1934, no. 662, pp. 114-118.)

"The production of the unshrinkable finish for knitted woolen goods is still one of the difficulties of the hosiery trade.....It was shown first that structural damage is not a necessary accompaniment of unshrinkability, and that, in its absence, the treated wool has good wearing properties and normal affinity for acid dyestuffs.....Discussing the results it seems to be most marked that as soon as acid is added the damage starts, while chlorine alone would produce unshrinkability without more than slight damage. This indicates that there may be some fundamental difference between the two actions. It seems possible that neutral chlorine acted as hypochlorous acid and on a different part of the fiber, say, on the cortex, but that in the acid state the action is on the epithelial scales, giving similar unshrinkability by action on different tissues.....Speakman's theory, which was based on Allwörden's elasticum reaction, stated that the reduction in shrinkage obtained by chlorination was due to the formation of a layer of jelly between the unattacked cortex and the cuticle of the wool fiber by the consecutive action of chlorine and soap or soda. The bad wearing properties of unshrinkable wool were due to the ease with which this jelly layer and its surrounding scales were removed by friction. The solution of the bad-wearing problem was, according to Speakman, to cause this layer of jelly to shrink and harden onto the fiber. In the case of dyed goods this could be effected by means of potassium dichromate, that is, by mordanting after chlorination."

WOMEN'S COATING OUTLOOK. (American Wool and Cotton Reporter, vol. 48, June 28, 1934, no. 26, p. 14.)

"Mills are not allowing the present situation to hurry their production plans much beyond what their orders justify.....They are fairly certain that black will lead as usual, and that brown will come next, while blue, dark gray, and reds will prove important....Since a number of quality dress-goods mills have gone after medium-quality workmanship shops, the market is ready to assume that cloth priced from $1.50 to $2.50 will be important in consumption..... The market is concentrating on the cheaper lines, which supposedly represent the general preference of retailers and consumers. In this section, the market is prepared to see a large quantity of cotton-warp cloths sold.....Many retail stores have accentuated their purpose to put most of their effort behind dresses to retail under $10." Space is also given to general market conditions.

WOOLEN AND WORSTED FABRICS GLOSSARY - MANUFACTURING AND PROCESSING DETAILS FOR SEVERAL TYPICAL MATERIALS: COTTON WARP TROUSERING; 12-OUNCE CRASH OR HOMESPUN; WORSTED WARP WOOL-FILLED SUITING. (American Wool and Cotton Reporter, vol. 48, June 28, 1934, no. 26, pp. 9-10.)

A continuation of a series of articles on fabrics. Three fabrics are described in this issue: "Cotton warp trousering. ...It would be well to bear in mind that this material, like all cotton warp cloths, will not have an end shrinkage, but will show a gain after finishing.....Today, worsteds are comparatively high in price, and a cloth of this character may take the place of some of the cheaper fabrics as it has a worsted look.....12-Ounce crash or homespun.- This cloth should be made of 100 percent C superwool, or a wool of that character. When finished it should have a hard, harsh handle, and a firm feel. If it is at all soft, either in texture or feel, it will be useless." Worsted warp woolfilled suiting is also discussed.

State Extension Publication

CLOTHING FOR 4-H CLUB GIRLS, THIRD YEAR. F. A. McLanahan. (Georgia Agricultural College Extension Bulletin, vol. 22, no. 438, Athens, 1933.)

United States Department of Agriculture Publications

METHODS AND EQUIPMENT FOR HOME LAUNDERING. U. S. Dept. of Agr., Washington, D. C. Farmers' Bulletin No. 1497. Issued August 1929.

HAT ECONOMY. U. S. Department of Agriculture, Bureau of Home Economics, Washington, D.C. A mimeographed circular. No date.

UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service
Office of Cooperative Extension Work

REFERENCES TO A FEW PRESS ARTICLES AND BOOKS RELATING TO ADOLESCENCE

For the Use of 4-H Club Leaders

no 5

By
Edith L. Allen
Extension Service

ADOLESCENCE: LIFE'S SPRING CLEANING TIME. Beverley R. Tucker. (Boston: The Stratford Co., 1933, pp x + 121.)

The author says: "I consider adolescence to occur between the ages of 9 and 25 years. In abnormal instances, adolescence may occur even earlier or maturity may never be attained." After a brief general discussion the author takes up in separate paragraphs the various disturbances which may beset the adolescent and which fall into such groups as organic neurological conditions, mental states, undesirable habits, conduct disturbances, and glandular disturbances.

ADOLESCENT "CRUSHES". E. B. Hurlock and E. R. Klein. (Child Development, vol. 5, March 1934, no. 1, pp. 63-80.)

"In the material presented above, the following outstanding points were noticeable: 1. Most adolescents have one or more crushes upon people of approximately their own age but of the opposite sex. 2. Crushes, in general, last from a month to 3 years. 3. They are motivated by various reasons, mental and physical predominating, such as a desire for the companionship of someone of the same mental status, the appreciation of one gifted with unusual talent, the recognition of facial beauty or bodily grace, or the desire for sympathetic understanding which would incorporate both the mental and physical phases. 4. They do not influence the normal mode of behavior of the subject. 5. They are more prevalent among girls than boys. 6. Where they are homosexual in their expression, it is among girls almost entirely.....Conclusion.....Although at the beginning of this study it was anticipated that teachers and counselors would be the objects of crushes, this assumption has proved to be incorrect. Evidently the old-fashioned crush of a pupil for his teacher or a camper for his counselor (which was often homosexual) has given way to a more modern crush which does not have as its goal the details and studied reproduction of voice, mannerisms, dress, ideals, et cetera, that was prevalent formerly.....However, we do find that camp life, where children and counselors are segregated for a stretch of two months, is conducive to crushes, since the child has no outside or heterosexual contacts during the camp season.....We conclude, therefore, that if a child is the product either of a modern home or of a co-educational school of today, his adolescent fixations, if any, are likely to be directed heterosexually to a person of approximately his own age and are unlikely to affect his general mode of living or behavior to any appreciable extent."

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ADOLESCENT PSYCHOLOGY. Ada Hart Arlitt. (New York: American Book Co., 1933, pp. x + 246.)

In the preface the author says: "It is hoped that the book will aid in the understanding and interpretation of adolescent behavior. Much remains to be learned both from research and from controlled observation. The author has attempted to indicate the points at which gaps occur and to summarize data in the fields in which research has been plentiful." The chapters are, besides a historical introduction: Physical changes at adolescence; instinctive tendencies, emotional life at adolescence; adolescent escape and defense mechanisms; emotional maturing; learning at adolescence; memory and reasonings; intelligence and mental growth; personality; disturbances in adolescent personality; moral and religious development at adolescence; hygiene of adolescence.

BEHAVIOR ASPECTS OF CHILD CONDUCT. Esther Loring Richards. (New York: Macmillan Co., 1932, pp. xv + 299.)

The author says in the introduction: "The writer was asked to deliver a series of lectures on the management and treatment of conditions commonly ascribed to the 'badness' or 'nerves' of childhood. These lectures were attended by parents, public and private school teachers.....and other groups who were interested.....in getting some help in the solution of individual behavior problems.....these lectures have been put into book form." The contents of the book include chapters on: The role of behavior in the field of individual health; common principles of inquiry into children's failure to adjust themselves comfortably to environment; and principles in the management of adolescence.

BUILDING A GIRL'S PERSONALITY. Ruth Shone Cavan and Jordan True Cavan. (Cincinnati; Abingdon Press, 1932, pp. 175.)

The chapter headings are: The period of youth; how personality develops; the girl and her family; goals - marriage and the job; friendships; the mind of youth; the emotional balance wheel; an adequate philosophy of life. "The book is based upon current research and theories in the field of social psychology.....The material is presented in practical and concrete form rather than as abstract theories.....The book is not primarily intended as curriculum material which can be used in teaching classes of girls, although it might be adapted to such a purpose. It is intended as background material for ministers, religious educators, teachers, and those in charge of clubs or connected with girls' organizations who may feel the need for a brief summary of the social psychology of later adolescence."

CASE STUDIES OF NORMAL ADOLESCENT GIRLS. Elsie M. Smithsies. (New York: D. Appleton and Co., 1933, pp. ix + 284.)

The author says in the preface: "All those who have worked for any length of time with girls of high-school age are aware that there are many adolescents who do not fall into the class of the abnormal but who are, nevertheless, poorly adjusted.....With the hope of helping adolescent girls

to a happier adjustment a technique named the case-history method has been developed.....In this volume there has been a definite attempt to make the technique as explicit as possible so that those wishing to engage in case studies may have a guiding method of approach.....No case is fictitious.....The book is intended to be of service to five classes of readers: All types of guidance officers working with girls (deans, counselors, directors of religious education, leaders of groups in such organizations as Camp Fire Girls, Girl Scouts, Girl Reserves, classroom teachers, students in educational courses in the training of teachers, parents, and the general reader who is interested in social problems)."

CHILDREN GROWING UP, Frank Howard Richardson. (Woman's Home Companion, vol. 59, October 1932, no. 10, pp. 19 and 64.)

"Each individual is constantly developing in many different fields at varying rates of speed.....The person who ceases to develop physically before he has reached the stage of physical maturity is a dwarf. Mental arrest, as we are beginning to realize, is even commoner than physical..... if we wish to go into more detail, we recognize the 'jazz hound' whose advancement has stopped but a little beyond the primitives' appreciation of rhythmic noise.....some of us are all thumbs when it comes to hammering a nail or sawing a straight line (manual retardation or arrest); hopeless dubs when asked to fix the radio or the car (mechanical arrest); a total loss when required to make out a budget, or balance our checkbooks, or live within the cramping confines of an allowance.....We are coming to believe that the most important field of all is the emotional.....it is desirable that we learn a little more in detail just how emotional development takes place in ourselves and in our children." The author then describes stages of emotional development of the child.

COLLEGE GIRLS' BOY FRIENDS ASSUME ROLE AS CONFIDANTS. SHIFT FROM MOTHER TAKES PLACE IN COED DAYS, EDUCATORS TOLD. Editorial. (Washington Post, July 5, 1933.) "When a girl enters college her trusted confidant is her mother, but by the time she has finished it's usually her boy friend, the Nation's teachers were told at their annual convention today. Opal Lynn, a research worker of Iowa State College, told the sociological section of the National Education Association of her efforts to discover how a girl's ideals and attitudes change during college life. The study was made at Iowa State. 'Freshman girls confide most often in their girl friends,' said Miss Lynn, 'but they prefer their mother as a confidant.' .....She told of other changes that four years of college life bring. Freshmen girls wanted to have a career followed by marriage. Senior girls had dropped the career idea and wanted marriage most of all.....One of the most marked changes was in respect to their homes. Senior girls wanted to make twice as many changes in their homes as did freshmen girls."

EIGHTEEN: THE ART OF BEING A WOMAN. Catherine Atkinson Miller. (New York: Round Table Press, 1933, pp. 205.)

Of interest to girls are chapters: Why is 18 a glamorous birthday? Do you know how to be attractive? In what kind of work could you be happy? Have you learned how to have a good time? Is human nature a foreign country

to you? Will you make a success of marriage? Have you a sensible idea about sex? How much does money mean to you? How wide is your world? What rules your life? The author says in closing: "As you have been reading these pages perhaps you have been thinking that it will not be so easy -- this adventure which you are beginning. To become a woman of poise and self-control, with an adequate interpretation of the meaning of life, with skill to find work and to do it well, with understanding to make all your relationships deeply satisfying, with courage to face difficulty, and with laughter to make life gay -- this is no easy undertaking. Oh, but you have more than a day for your adventuring! You need go only so far as you can today."

FAMILY AND ITS RELATIONSHIPS. Ernest R. Groves, Edna L. Skinner, and Saide J. Swenson. (Philadelphia: J. B. Lippincott Co., 1932, pp. XII + 321, illus. 42.)

This is a textbook for teen-age students.

FITTING YOUR CHILD INTO THE FUTURE. Ellen Travers Beard. (Country Gentleman, vol. 103, September 1933, no. 9, pp. 38.) "Perhaps the parent's hardest problem is with the child who shows no particular aptitude for one thing. When he gets to the high-school stage he elects his courses for cinches or because the crowd is taking them. He has either quick enthusiasms that die young, or he is surly and dissatisfied with everything. There are many reasons and explanations for such a state of affairs. I believe that many young people have secret desires for careers that they are afraid to voice, because they think they will be laughed at, or know it is useless.....Again there are some dispositions that refuse to be pigeonholed or grooved. They are the good mixers who like people rather than industry, the adventurers who want to try everything. They make the salesmen, explorers, newspapermen, and so on. If a parent accepts this fact and gives the boy or girl a chance to try out as many different kinds of things as possible, in other words lets him have his fling, this type of young person often settles down, to the surprise of his family and himself."

GRADUATION TEST FOR PARENTS. Gladys Hoagland Groves. (Parents' Magazine, vol. 8, June 1933, no. 6, pp. 21 and 46-48.)

"Are you letting your teen-age boy or girl graduate into the demanding world of adolescence? Nobody means to keep a child forever a child, but it is hard to distinguish between childish misbehavior and adolescent efforts at growing up. The perplexity of the parent is matched by the bewilderment of the adolescent." Included is an examination, based on a questionnaire for adolescents and their parents, recently issued by the Euthenics Committee of the Richmond, Va., Y.W.C.A., which is planned to reveal to parents their readiness for graduation into the ranks of parents of full-fledged adolescents.

GUIDING THE ADOLESCENT. D. A. Thom, M.D. (U.S. Department of Labor, Children's Bureau Publication 225, 1933, pp. III 94.)

"Some Educational Pitfalls. Parents who fail to appreciate the increased intellectual demands that are made on children as they advance up this intellectual ladder may be quite unjust in their criticisms of those who fail.....many of these children are carrying intellectual loads which are beyond their ability and interest and they just naturally lag behind and slacken in their efforts. It must be remembered that on the physical side some have only a 6-hour capacity for standardized work, while others can carry on indefinitely for 8 or 10 or 12 hours unimpaired by fatigue.....But it must be repeated that this mutual interest in the affairs of parents and child must start at an early age, so that when the child reaches adolescence he will not be confronted suddenly with responsibilities that he will very likely resent.....To many young persons life becomes a very perplexing problem as their earlier hopes and aspirations turn out to be daydreams and illusions, and there is a tendency for them to be overwhelmed with the futility of effort. The child who has had the advantage of living in a home with a religious background -- that type of religion which is practiced as well as preached and which teaches the individual to think in terms of others than himself -- finds that something very fundamental and important has been woven into the moral fabric of his personality."

MAKING ACTIVITIES SERVE THE CHILD. Ruby M. Adams and Charles J. Dalthorp. (U.S.Department of the Interior, Office of Education: School Life, vol. 17, March 1932, no.7, p. 136.)

"Aberdeen, S. Dak., made a thorough survey and analysis of the daily activities of every child in its elementary schools in the fall of 1929.....Some children were engaging in as many as six different activities, while others were neither interested nor participating in any activity. Children engaging in many activities were often found to be under a continuous mental and physical strain, and in most instances were not carrying all of their outside activities creditably. A large percentage of the children overburdened with outside activities were not doing satisfactory work in the classroom. Children not participating in any activities were losing opportunities for the development of initiative, resourcefulness, cooperation, leadership, social ease, and enriched background. A great number of the nonparticipating children were passive in their attitudes toward school."

MENTAL HEALTH IN HARD TIMES. Editorial. (American Journal of Public Health, vol. 22, June 1932, no. 6, pp. 634-637.)

"It is true that the depression is adversely affecting the mental and emotional lives of a great many of us and is causing all sorts of maladjustments in individual, family, and social life, especially among those whom the depression has hit the hardest - the unemployed.....Among the destructive effects of economic distress are, for example, those observed in children who develop extreme anxiety because of lowered morale

in the home and the fear as to what may happen to that home. This, in turn, engenders hostility toward society, which is blamed for allowing such a situation to occur. The depression is undoubtedly undermining individual and family security; and a sense of security, psychological and economic, is essential to the maintenance of good mental health..... Adolescents who in normal times would be working out their problems in healthful emancipation are now balked in making the normal adjustments, because of their difficulty in finding work, and psychologically speaking, their place in life. They are developing habits of idleness and other personality traits that augur ill for later life."

NATIONAL PARENT-TEACHER MAGAZINE, vol. 28, March 1934, no. 7, pp. 368.)

"The dean of women of Syracuse University asked 203 freshman girls to name the problems they face outside the classroom, for which they felt the need for more adequate preparation before entering college. Their replies are briefly summarized as follows: Social experience; taste in dress; how to converse; experience in living away from home; health and personal hygiene; boy friends; habits of neatness; making decisions; use of money."

NORMAL YOUTH AND ITS EVERYDAY PROBLEMS. Douglas A. Thom. (New York: D. Appleton and Co., 1932, pp. xv + 368.)

The preface says: "An effort has been made to keep in mind the question as to what were the factors most likely to have precipitated the problem under discussion, and what changes in the mental attitudes of the adult and adolescent, and what modification of the existing circumstances and conditions can be brought about with the facilities at hand that will tend toward the stabilization of youth during this important period of life. The responsibility of the training, education, and, to a large extent, the experiences to which youth is to be subjected is in the hands of parents and teachers, and it is for them that the book has been written." The chapters are: Adolescence; physical development; adjustment to maturing sex drives; intellectual abilities and disabilities; the total personality; educational maladjustments; conduct problems; problems of the special environment; education; concerning parent. Much case material is used to illustrate conditions producing problems.

PRINCIPLES OF MENTAL DEVELOPMENT: A TEXTBOOK IN EDUCATIONAL PSYCHOLOGY. Raymond Holder Wheeler and Francis Theodore Perkins. (New York: Thomas Y. Crowell Co., 1932, pp. xxvi + 529.)

"Generation by generation, the naïveté of children disappears at a progressively earlier age as the proportion of sophisticated and critical parents increases. It is a question whether or not civilization is prepared for this feature of its evolution, for the blase spirit of youth, highly developed before there is adequate insight into human problems and an appreciation of higher values, leads to a cultural list-

lessness, cynicism, and lack of idealism which is an unhealthy condition in any social order. It is for the best interests of civilization that the child's interest in legends, folklore, simple epic poetry, music, and art be preserved, that he may safely pass through the stage of independent thinking to a later period when he will have acquired a larger, philosophical understanding of life."

TEACHING FAMILY RELATIONS. Newell W. Edson. Journal of Home Economics, vol. 25, March 1933, no. 3, pp. 188-194.)

"The child should have a gradually increasing and effective understanding of the home and homemaking.....acquire a variety of home skills.....understand thoroughly the steps in his transition from adolescent maturing to marriage.....get a pretty clean understanding of the father-mother background of the home.....have the training in child care that gives an understanding of the growth and development of the child, both prenatal and postnatal, and practice in the supervised care and education of children."

"YOU CAN'T BE 'PALS' WITH YOUR CHILDREN." Wainwright Evans. (Better Homes and Gardens, vol. 11, April 1933, no. 8, pp. 24, 78-80.)

"Most parents wish they knew their adolescent children better than they do. They wish they could win their confidence and be as close to them as when they were small.....The reason they can't is that the adolescent boy or girl is peculiar. He needs and wants contact with understanding adults whose judgment would be of value to him.....And yet he brusquely rejects any adult interest that in any way threatens his urge toward independence. He is trying to find himself, to become an individual and travel on his own power. He wants counsel but no coercion .....One of the paradoxes of family life, and indeed, of all social relationships, is that the more separate and independent and free of each other the individuals of a family group can be, the greater becomes their solidarity, and their mutual regard and affection for each other.".....

URGE TO BELONG. Leroy E. Bowman. (Child Study, vol. 10, May - June 1933, no.8, pp. 219-221.)

"Tom Sawyer, Penrod, Skippy, and all 'reg'lar fellers,'both in flesh and fiction, carry in their hearts one dumb but profound conviction - life isn't worth living if you don't 'belong'. And by belonging they mean not the relationships imposed upon them by the chance of birth or the social pressure of church and school, but the soul-satisfying position of a self-made man among his peers.....'Belonging' comes naturally if given the soil in which to grow, but it cannot be forced. It follows laws of growth that we are just beginning to understand.....But even with due regard to other phases of all-round development, it remains so important that the thoroughness and naturalness with which each child achieves his place in the progressive stages of socialization determine largely his lifelong comfort and prestige among his fellows."

WHAT ADOLESCENTS WANT. (Parents, vol. 7, December 1932, no. 12, pp. 14 and 39.)

A group of girls and boys, 16 to 18 years of age, set down the following essentials of a satisfactory relationship between adolescents and their parents. "(1) Give us a voice in family affairs. (2) Remember that most of us are perfectly normal average children. (3) If you would rather have us bring our friends or dates to the house than go out riding, give us the use of the front room and keep the rest of the family out except for a short period of greeting and farewell. (4) Don't try to make the way too easy for us. (5) Respect our personalities. Don't put us through a cross-examination as to our actions and doings. (6) Let us choose our own friends and acquaintances. (7) Let us have a good deal to say about our own clothes and personal acquisitions. (8) Remember that we have a great many adjustments to make. (9) There are two sides of us. Please try to realize that apart from the necking, jazz-mad, superficial, date-crazy, gum-chewing part of us there is another side which is essentially fine and sincere. Although we start the hour with a wild date, we are likely to end it in a serious, whole-hearted attempt to find beauty."

UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service
Division of Cooperative Extension

NOTES AND REFERENCES TO A FEW PRESS ARTICLES AND PUBLICATIONS

For the Use of Extension Clothing Specialists--No. 6

By
Edith L. Allen

THE SHOE PROBLEM. Dexter D. Ashley. (Med. Rec. vol. 140, Sept. 5, 1934, no. 5, pp. 229-233.)

Modern shoes are bad. "The fashionable dress shoe is not alone the offender. The ordinary shoe, generally considered to be built with good lines, has many faults, while the so-called orthopedic shoe is considered by several distinguished orthopedic surgeons, to have made so many concessions to style, combined with other faults of construction, as to be the cause of a large increase in the number of sufferers from painful foot conditions." Weak feet are common and painful feet are a great handicap. There is a wide variation in form of bone structure and musculature in feet. "The 'best shoe' for one individual may not be acceptable or even a physiological or therapeutic shoe for another. In practice, we must consider the status, the vocation or avocation of the patient as well as the form and the pathology of the foot. In this regard, a lady who stands seldom and walks little may wear almost any shoe with comparative comfort.....There are good brands of shoes, if we are not overcritical. Some brands are built to accentuate some particular feature, considered to be of paramount importance by the manufacturer, as the broad toe, the reenforced arch, the broad heel, the low heel, the snug counter, the snug arch, the Thomas heel, the flexible shank, the rigid shank, etc. There are several shoe manufacturers who justly take pride in their shoes, constructed with fair to good lines, full stock leather, and skillful workmanship--shoes which give excellent wear.".....Patrons demand deforming shoes. "So popular education, as to the physiological shoe must be tempered with discretion, lest we find ourselves alone in our knowledge for lack of wisdom, as doctors and shoemakers have found to their sorrow. Some day a Hollywood star with untrammeled feet will don a physiological shoe and make it fashionable, and thereby do more for tired feet than our combined endeavors."

TREATMENT OF THE FOOT BY THE DOCTOR. by Dexter D. Ashley. (Med. Rec., vol. 140, July 18, 1934, no, 2, pp. 62-63.)

"Dr. Mattison has accumulated data to the effect that there are 189 brands of shoes, alleged to have been designed or sponsored by doctors, and generally classed as 'orthopedic shoes.' It is well known that frequently the doctors have had a minor influence in the construction of these shoes. These shoes are extolled as having the virtues of both physiological and therapeutic footwear. They are recommended to keep normal feet normal, to treat strained, painful, flat, deformed, or arthritic feet; to alleviate, correct imbalance,

restore function, and to give comfort. It is too much to be expected of any shoe that it fill all the requirements of a physiological and a therapeutic shoe.....In the minds of not a few orthopedic surgeons, these shoes have been and are exerting a baneful influence on progress and interest in the 'better' or physiological shoe and in the well-developed foot.....The Committee on the Cost of Medical Care, in 1932, has estimated that fifteen million dollars are spent yearly in this country to relieve corns, callouses, and minor ailments caused by constant pressure and the stress of ill-fitting, badly balanced shoes and arch supports.".....This is the first of a series of articles on feet and shoes.

FOOT IMBALANCE. Rex L. Diveley. (Jour. Americal Med. Asso., vol. 103, Nov. 17, 1934, no. 20, pp. 1510-1516, illus. 18.)

"Foot imbalance is a health condition that is vitally affecting the efficiency and well-being of a very considerable number of people." A diagnosis of this trouble is given with suggestion for correction, one of which is by means of a proper shoe described as follows. "The shoe should be of a bal or blucher oxford type. It should have straight lines along the inner side and should curve not too abruptly backward on the outer side of the toe. There should be ample room in the cap and ball of the shoe.....The sole should be of the flat type and sufficiently heavy to give protection and support. The heel should be the straight-side type, preferably extending slightly forward on the inner side of the shoe; the height for men 6/8 and for women from 1-2/8 to 1-4/8. The counter should be narrow enough to fit the heel snugly and the vamp should lace rather firmly over the instep. The shank should be rather broad and carry a steel built-in support from the heel to the bend of the sole at the metatarsal area to provide rigidity."

FABRIC LABELS BASED ON REAL TESTS URGED (Women's Wear Daily, vol. 50, January 18, 1935, no. 13, Sect. 1, p. 18). Miss Ruth O'Brien says: "Every time a fabric is purchased, the customer has a particular need which she is trying to satisfy.....This need dictates the qualities she is looking for and should get. Whether or not she obtains these qualities should depend upon the price she can pay, and whether that price is sufficient to give a socially just return to all those who participated in producing those goods. There are, of course, certain minimum qualities which she has a right to expect in all garment fabrics.....Many fabrics today are so constructed and finished that our good old tests no longer hold. Time was when we judged our fabrics by feel and taste and smell. But what does it profit a man nowadays to chew a synthetic fiber or smell a tweed? .....it took years to get the industry to agree upon a definition of 'pure dye.' Just as soon as that was settled and there seemed some hope of bringing order out of the chaos, a whole new flock of labels appeared saying 'pure silk.' This is apparently another term of ambiguous meaning. If a consumer keeps her faith in her mother tongue, 'pure' means 'pure', but according to results of many tests made on garments so labeled - and more surprising still, according to the alibis of some merchants - 'pure' ceases to mean 'pure' when the word is associated with silk. Now a fair question is what kind of a label do I think is a definite, complete one? Well, I saw one the other day dealing with color fastness. It reads as follows: Wash fabrics are fast to soap and boilin

fast to sun and weather, fast to perspiration and uric acid, fast to everything they encounter as wash fabrics. We unreservedly guarantee that the original color of XYZ will last as long as the garment itself. If this garment should not absolutely live up to this guarantee, we will promptly and cheerfully return your money.' That, to my mind, is a real label."

THE CONSUMER WONDERS How to Judge Wool Fabrics--Tests Show Only Shrinkage Related to Price. Ethel L. Phelps. (Textile World, vol. 84, Nov. 1934, no. 12, pp. 86.) "At the fall meeting of Committee D-13 in New York Professor Phelps reported the results of a recent study which indicated that the only consistent relationship between the quality of dress flannels and gaberdines and their price is one of fabric shrinkage. Her conclusions were particularly interesting in view of the fact that at another session of the D-13 meeting H. A. Mereness, National Federation of Textiles, had declared that shrinkage, more than anything else, discloses the physical characteristics of silks and rayons."

THE PHYSICAL PROPERTIES OF FABRICS IN RELATION TO CLOTHING. Part III--HEAT INSULATION BY FABRICS USED AS BODY CLOTHING. C. P. Black and J. A. Mathew. (Jour. Textile Inst., Volume 25, August, 1934, Number 8, pp. T249-T276).

As regards the physiological aspect of the clothing question, "It is generally agreed that for body comfort the skin should be maintained in a dry condition, and body temperature should be kept constant, while occasional fluctuations of surface temperature cause a beneficial stimulation. In other words the heat flow from the body must be in equilibrium with the heat input derived from food. The chief channels of heat loss from the clothed body are radiation, convection, and the conversion of perspiration into water vapour and its diffusion through the clothing. Healthy clothing must facilitate heat flow in these three forms to the correct extent and no more. The present paper is only concerned with the properties of fabrics insofar as they may concern the comfort in wear by preserving the body temperature at a normal level. The discussion is further limited and simplified by considering mainly fabrics used as garments worn next the skin so that such indefinite questions as adornment and fashion can be disregarded to a large extent.....In the experiments to be described, linen fabrics containing known variations in structure are largely used, and also some very similar fabrics made from different materials.....The general conclusion to be drawn from the results is that the insulation provided for the kata thermometer was determined, in the main, by such conditions as annular space, air movement, the moisture content of the cloth, and whether single or double layers were used. The nature of the material in the cloth and its mode of construction exerted a relatively minor influence under every condition tested. That material which is chosen to give the most suitable value of insulating power under a given set of physical conditions will make the most comfortable garment, if it also keeps the perspiring skin dry by suitable absorption and ventilation."

MAKE THINGS OBSOLESCENT (Women's Wear Daily, vol. 49, Oct. 23, 1934, no. 80, pp. 2).

Kirstein urges Fashion Group. "'Make 'Em Want More!' was the talk by Louis E. Kirstein of Wm. Filene's Sons Co. in Boston, before a luncheon gathering of the Fashion Group today at noon. Mr. Kirstein pointed out that three important angles are to be considered in this business of fashion. 'One', he said, 'is that fashions don't change nearly as fast as we think they do. The second is that we must give people what they want. And the third is that our job is to create more obsolescence.'.....Mr. Kirstein urged the need of making masculine customers as style conscious as the women, remarking, 'Men think of some reason or another that they buy only what they need. This is, of course, untrue because if they bought only what they needed they would look like beggars in the wintertime and nudists in the summer.'"

A STUDY OF DIAPER SIZES AND FOLDS. Ruth L. Howard. (Jour. Home Econ., vol. 27, Jan. 1935, no. 1. pp. 31-34.)

After explaining the problem and method of study the author says: "To make a long story short, we assembled our complete set of measurements (allowing for pinning at each side) and our information on folding methods (allowing for four thicknesses). Then by logical, straightforward steps we reached the conclusion that a 19 by 40 inch shrunk size is more satisfactory for the entire diaper period. This size was thoroughly tested on various sizes of babies. Although our models were unable to voice their approval intelligibly, their mothers were completely satisfied. Of sizes now on the market the 20 by 40 inch is nearest this ideal size. We believe that the 19 by 40 inch (shrunk) size should be made standard.....Its general adoption will mean simplification of diaper difficulties for mother and baby and more economical purchasing of the diaper supply."

DERMATITIS FROM STOCKING "FINISHES" - Editorial. (Jour. American Med. Assoc., vol. 104, Jan. 5, 1935, no. 1, pp. 51-52.)

"Skin eruptions associated with the wearing of certain articles of clothing are not infrequently reported in medical literature. Frequently the cause of dermatitis produced in this way is correctly attributed to one or more of the dyes employed in coloring the fabric.....The inciting agents may be substances employed to 'finish' the cloth; that is to soften the fibers or to give the fabric a 'crunchy' texture. The finishes used on men's socks are said usually to consist of sulphonated oils or fats, ordinarily sulphonated castor oil or sulphonated olive oil, either alone or mixed with such products as mineral oils, unsulphonated oils and borax. Sulphonated oils are also employed on wool to 'fluff' the material. Women's hosiery may be treated with starches, gums, or gelatins or with Japan wax, beeswax, paraffin, or other waxes to render the fabric water repellent. In addition, inorganic salts such as zinc sulphate, barium sulphate, aluminum sulphate, or titanium oxide may be used to diminish the luster." The editorial tells also how these substances produce dermatitis on certain individuals.

A NEW SET OF STANDARDS FOR TEXTILE BUYING. Grace G. Denny and Mary W. Northrop. (The Modern Hospital, vol. 43, Oct. 1934, no. 4, pp. 67-70.)

This article reports results of questionnaire, sent to hospitals, regarding types of coverlets, diapers, sheets, and blankets preferred. The authors say: "The best precedent for accurate description of supplies is found in Federal specifications, but many of the Government standards cannot be applied without modification. These specifications are not all adapted to local needs or to the needs of specific institutions.....Experience has shown that in order to specify what to expect of fabrics the manufacturer must be consulted, the textiles must be observed in use, and the result of many purchases both successful and unsuccessful must be considered. A plan for buying should be a working plan, changeable with changing needs. There can be no such thing as fixed standards filed away for automatic ordering.....The use of two sizes of diaper is worth consideration.....A slight saving in laundry cost is effected by using the smaller size where it can be used, because the 20-inch diaper weighs 45 percent less than the 27-inch and requires less space on the flat work ironer. According to recently obtained prices the original cost of the small diaper is 44 percent less than that of the large .....The apparent advantage of the lower price of the unbleached (approximately 10 percent for the same width) is offset by the fact that unbleached sheeting shrinks more in the width than bleached, which may make it necessary to buy the next wider sheeting. There seems to be no argument, therefore, in favor of buying unbleached sheets at the present time." Tables show the results of tabulations of data.

PAST, PRESENT, AND FUTURE OF SYNTHETIC FABRICS. (Rayon and Milliand Textile Monthly, vol. 15, Dec. 1934, no. 12, pp. 22 and 23.)

This is a copy of an address by B. A. Salvage in which he says in part: "Rayon is a very friendly little fiber; in fact, its growth has been due to a great extent to its ability to blend with other fibers. Rayon combines with cotton, with wool, with linen, and with silk, and it also stands on its own feet in such staples as taffetas, twills, satins, etc. A very good rayon yarn can be made up into a very unsatisfactory fabric, whether it is knitted or woven - it all depends on the fabric man. This applies to silk and all other fibers as well.....The United States today is consuming about 1.6 pounds of rayon per capita per annum, whereas the consumption in England is about 2 pounds of rayon per capita per annum."

FIREPROOFED TEXTILES. William F. Brosnan. (Textile World, vol. 84, Dec. 1934, no. 13, pp. 69-70.)

"Wool, silk, and cellulose acetate are of themselves comparatively flameproof. These fibers fuse and melt when burned, but are not regarded as flammable. Therefore the further use of these fibers in fabrics to be used as hangings, drapes, etc., is advisable as a simple method of reducing the fire hazard. Since, however, cotton and rayon are used in enormous quantities and are so inflammable as to present an ever-dangerous fire hazard, we must make use of treatments for protection." It then describes the nature of cellulose and chances for combustion. "It is evident, therefore, that any material which will volatilize on heating, giving off inert or noncombustible gases, will dilute the oxygen concentration in and about the fabric and will

prevent it from taking fire. It is also evident that any materials which fuse when heated and form a vitreous coating about the fibers will isolate them from the air, and the fabric will not take fire. All flameproofing treatments are based on the two above-noted properties of various chemicals." Suitable compounds for fireproofing and the minimum percentage by weight to flameproof cotton are:"

Compound	Percent	Compound	Percent	Compound	Percent
"Ammonium sulphate..	4-5	Borax.....	9	Sodium phosphate.....	30
Ammonium chloride..	5-6	Boric acid.....	11	Calcium phosphate....	30
Magnesium chloride...	6	Ammonium tungstate..	15	Magnesium phosphate..	30
Ammonium phosphate...	6	Epsom Salts.....	15	Silicic acid.....	30
Aluminum hydrate.....	6	Zinc borate.....	20	Sodium chloride.....	35
Calcium chloride.....	7	Zinc phosphate.....	20	Sodium silicate.....	50
Zinc sulphate.....	7	Aluminum borate.....	25		

"An interesting observation by the author is that the presence of compounds of iron, chromium, lead, and copper actually accelerate the rate of burning. Most dyestuffs and organic chemicals have no effect." For flame proofing the author prefers "a combination of the highly efficient ammonium salts with a small quantity of borax and boric acid for regular work. The following formulae for a 100-gallon batch will prove very satisfactory: 100 pounds ammonium phosphate, 40 pounds ammonium sulphate, 30 pounds ammonium chloride, 26 pounds boric acid, and 16 pounds borax. The advantages of this formula are its high efficiency and low cost." Also for rayon and sheer fabrics the author recommends: "7 parts borax and 3 parts boric acid. About 7 percent of this mixture on the weight of the rayon will be found to be sufficient. These simple impregnations with water-soluble salts are, of course, not permanent, since the ingredients are easily removed by the wetting-out of the fabric."

MODERN METHODS OF SILK HOSIERY DYEING. Nestor Grotelueschen. (American Dyestuff Reporter, vol. 23, Nov. 19, 1934, no. 24, pp. 640-641.)

Details of dyeing hosiery are given and the author says of finishing that is of interest to home economists: "Modern methods of finishing silk hosiery are also a great deal more complicated than the oldtime methods. The writer can remember when a first-class finish for silk hosiery consisted of one or two pails of silk boil-off liquor and a small amount of acetic acid. This finish imparted a small amount of body and scroop to the hose. These days, however, due to trade demands, most hosiery must be finished in a variety of ways, and many of the finishes require a combination of two or more of the different ones to obtain the desired appearance and handle. Some of the more important types of finishes are: A delusterized finish, spot-proofed finish, water repellent and sized finish. The products most commonly used to obtain a delusterized finish are aluminum, calcium, zinc and barium salts; while those most usually used to obtain a spot-proof or water repellent finish contain a large percentage of metallic soaps or wax or a combination of both; and those used to give body or size to the hose are usually prepared glues, gelatines, gums, and various types of starches."

SOME TECHNICAL CONSIDERATIONS OF THE PROBLEMS CONFRONTING THE SILK AND RAYON PIECE GOODS MANUFACTURER. H. A. Mereness. (Textile Colorist, vol. 56, Aug. 1934, no. 668, pp. 515-518.)

The topics discussed are (1) shrinkage, of which is said:....."Now, the first fact which we have to consider is that crepes will shrink because it is to this property of contraction and elongation of the threads, that the fabric owes its characteristics, name, and popularity. A crepe which did not shrink might still be called a crepe, but the wearer would soon discover its less desirable qualities and refuse it. Besides the crinkly appearance, which is pleasant to the eye, a crepe garment allows a greater freedom of movement due to its elastic properties.".....(2) Washing and laundering, regarding which it is asserted that, thorough rinsing of soap from twisted weaves gives unskilled laundresses trouble, and also: "A source of discolored silk may be found in those cases where, through the ironing of silks improperly rinsed, small amounts of soap are left in the fabric. Upon heating the soap suffers a partial decomposition and the decomposition products remain on the silk fibers and give to them a yellow tinge.".....(3) Other topics mentioned are: Color fastness to washing; dry cleaning; color fastness to light; and color fastness to perspiration, under which is said of the damage caused by depilatories, "These materials frequently contain alkali sulphides and aluminum salts which cause great damage to silk and should therefore be entirely avoided."

RAYON FABRICS GLOSSARY (American Wool and Cotton Reporter, vol. 48, Nov. 15, 1934, no. 46, pp. 11-13).

"One of the comparatively new rayon fabrics has been designated as "organdie", because it has been produced from such yarns and in such a manner as to imitate this well-known cotton material. The ordinary organdie made from cotton yarns is a plain-woven, semitransparent, and very lightweight cloth.....Two methods are employed, one of which consists of applying starches, gums, and other substances which create the stiffness desired. By the use of this method the finish or stiffness is not permanent, and will be removed more or less rapidly in washing. The second method consists of treating the thin cloth chemically in such a manner as to change the outside of the cotton yarn into a welded mass, similar to a small rod. Certain high concentrations of sulphuric acid are required with suitable methods of handling, if a satisfactory cloth is to be secured. The outside of the fine cotton yarn appears to be made into parchment form, and the change is permanent. While the fabric becomes soft when placed in water, or in washing, it returns to its stiff condition when ironed, and with no additional treatment. The process is applied to organdies, voiles and other lightweight materials, and does not seem suitable for constructions of heavy weight." The remainder of the article discusses the weaving of rayon for making an organdie.

PRETREATMENT OF YARN AND OTHER METHODS FOR PRODUCING UNSHRINKABLE KNIT GOODS. Raffaele Sansone. (Textile World, vol. 84, Nov. 1934, no. 12, p. 78.)

"Perhaps the most serious disadvantage of knit goods manufactured from woolen or worsted yarns is the tendency of the fabrics or garments made therefrom to shrink upon washing. Several processes have been introduced to enable the production of nonshrinkable wool goods, but few, if any, of them are entirely satisfactory in the case of knitted fabrics. This is due largely to the fact the yarn is free to shrink in every direction without meeting nearly as great a resistance as the frequent crossing of warp and filling threads set up in woven fabrics. For the same reason, knit goods usually shrink more quickly and less uniformly than do woven materials.....Although sheep are often exposed to wet and rain, no shrinkage of the wool occurs while it is on the animals' backs. However, by the time the wool has passed through all the operations required to convert it into a finished fabric, practically all of the substances have been removed which nature provided to render it waterproof and protect it from damage from various sources. Recently, some thought has been given to the possibility of bleaching, dyeing, and finishing wool in such a manner as to leave on the finished material a protective agent having certain of the properties of the substances originally supplied by nature."

RAMIE FALLACIES. George A. Lowry. (Textile World, vol. 84, Feb. 14, 1934, no. 2, pp. 90.)

The editor says: "'The fascinating beauty of ramie has received many and caused heavy losses,' states Mr. Lowry. Only the other day we learned of another ramie venture which cost its sponsors several hundred thousand dollars and netted nothing. The technocrats, rest their souls, spoke of ramie as certain to supplant all other textile fibers. Although the victims of the illusion are usually men unfamiliar with textile manufacture, there have been instances in which experienced textile men have fallen temporarily under the spell. In this article Mr. Lowry, who has devoted years to a study of the numerous vegetable fibers, tells what is the matter with ramie.".....
Then Mr. Lowry says in part: "Within the last year or two there has been a repetition of the grossly misleading statements which crop up from time to time regarding ramie and its value in relation to the fibers produced and manufactured in this country.....It yields only 1 percent of spinnable fiber; and to get the 1,500 pounds of fiber to the acre, which has been alleged possible, would require production of 75 tons of green plants in that area - which is out of the question.....While it has a little more tensile strength than cotton, wool, or flax, it has very low abrasion qualities; and abrasion qualities (that is, wearing qualities) are most desirable in fabrics.....This same hullabaloo is raised every once in a while, by impractical people, about corn stalks and the short flax straw that is wasted in the Northwest, and also about a thousand other straws and reeds now going to waste. Many expensive plants have been erected and later abandoned because unprofitable, due to the fact that the baling and hauling of these light but bulky materials cost too much, as does also the mechanism to utilize them.....In China it is grown in small garden patches in only such quantities as permit the grower and his family to do all the work necessary to cultivate, gather, and prepare it..... Nature does most of the work and the family - subsisting on a few handfuls of rice -- does the rest. Even if there were mechanism to do all this (and there

is no such mechanism), how could we compete with it?.....Do not let any one fool you into believing that we can compete with the Chinese farmer or the ryots of India in producing any kind of fiber."

THE MICROBIOLOGY OF TEXTILE FIBERS (Cotton). Bryce Prindle. (Textile Research, vol. 5, Nov. 1934, no. 1, pp. 11-31.)

Details of the research and its results are given. The abstract follows: "By the application of previously reported methods of microbial analysis, the micro-flora of a series of 12 samples of cotton fiber has been completely studied and the analysis of five additional samples has been partially completed. Analysis of the experimental results indicates that the original and principal infection of cotton fiber is with organisms of the genera commonly associated with the soil. There is evidence to show that a high percentage of the microbic population of the cotton boll may be carried over into the cleaned fiber or even into the spun and woven fibers. Examination of stored samples, together with a study of the types of organisms remaining alive after storage, indicate that many of the original contaminants die during the course of a long storage leaving the hardier spores, and a few highly resistant vegetative types, viable. Cultural studies indicate that the contaminants of the unstored samples might be expected to be more active in producing changes in the fiber and its associated materials because of their ready growth on such substances as cellulose, starch, and gelatin."

THE MONTHLY REVIEW OF CURRENT TEXTILE PROGRESS. A. J. Hall. (Textile Colorist, vol. 56, Oct. 1934, no. 670, pp. 689.)

A short report, THE WATER-PERMEABILITY OF VARIOUS FABRICS. C. P. Black and J. A. Matthew. (Jour. Textile Inst., 1934, 25, 225) recently have described experiments which have a bearing on the properties of fabrics, by which may be judged the suitability of the fabric for underclothing. "It is generally considered that a person can feel comfortable in any climate, provided the layer of air next to the skin is dry. That is, the clothing must allow adequate escape to the moisture vapor which is constantly arising from the skin. A likely assumption, therefore, is that the character of the fabric, as regards weave or knit, will have an important influence on its suitability for use as underclothing. It would be anticipated that the more porous the fabric the more satisfactory would it be for manufacture into underwear....The results obtained are surprising insofar as they indicate that although the moisture permeability is roughly proportional to the porosity and inversely proportional to the apparent density of woven fabric, this property is but little influenced by the nature and structure of the fabric. The conclusion reached is that the moisture permeability of a fabric cannot be accepted as a criterion of the suitability or otherwise of such a material for the purpose of underclothing....A number of mesh fabrics were tested and in these it was found that increasing permeability to moisture was shown to be in the order - wool, cotton, linen, and artificial silk."

SILK-"GENUINE" SILK--"ARTIFICIAL SILK" - Which Will It Be in the Future? (Rayon and Melliand Textile Monthly, vol. XV, Oct. 1934, no. 10, pp. 22-23 and 25.)

The article first discusses the use of the term "genuine silk" in place of "real silk" and then takes up questions pertaining to the weighting of silk, and says, "In order to understand the process of silk weighting, we must know, first of all, how the amount of weighting is figured. The weight of the raw silk is taken as par and this is taken as original (par) weight. Boiled-off silk, therefore, after the 25 percent loss of sericin ("silk-gum") is 25 percent below par. Silk weighted 30 percent above the weight of raw silk is called weighted 30 percent above par. In reality it is weighted more than that. Take 100 pounds of raw silk, boil it off, and it weighs 75 pounds. Add 55 pounds of weighting matter and it weighs 130 pounds. It is then said to be weighted 30 percent, but it is readily seen that the weighting matter is 73 percent of the silk actually in the material. Weighting up to par has practically little effect upon the silk itself or its wearing qualities. As a matter of fact, silk weighted to that degree has enhanced feel and draping qualities."

THE TEXTILES STUDENT'S MANUAL. T. Welford. (London, Sir Isaac Pitman and Sons, 1933, pp. XIII-221, illus. 82.)

This book is written in nontechnical language. It gives an outline of all textile processes from the origin of the fiber to the finished cloth. The sections of the book are: I--TEXTILE FIBERS AND YARNS; II--WEAVING; III--BLEACHING, DYEING, AND FINISHING.

PROPERTIES OF KNIT UNDERWEAR FABRICS OF VARIOUS CONSTRUCTIONS. Charles H. Hamlin and Ruby K. Worner. (U. S. Dept. Com., Bur. Standards Research paper RP 711, pp. 311-329, figures 9.)

"The results given in the table show that, in general, increasing thickness [in fabrics] is accompanied by increasing weight, decreasing air permeability, and decreasing thermal transmission, as was to be expected from experience and from the findings of other investigators. However, very precise correlation between these different factors is not to be expected in a series of fabrics such as this one in which the different materials are simply representative of those on the market." The results are summarized in a table. One illustration shows knitting, face and back, of different types.

WOMEN'S DRESS MOSTLY FUNNY, COLLINS HOLDS (Women's Wear Daily, Nov. 28, 1934 pp. 18).

This is a report of a talk by Kenneth Collins, of Gimbel Brothers, in which he pointed out the fact that women laugh at the clothes they wore a few years past as proof that women's clothing lacks beauty in design such as is embodied in the Parthenon or the Lincoln Memorial. He contends that men's clothes are better in design than women's. "If I were asked what

might be considered beautiful in women's clothes, I could only answer that the lines that most closely harmonize with those of women's figures are probably the only ones that can be so considered. There is a certain period of dress known as the 'Empire' which recurs every so often in present-day fashions. This is probably as close an approach to a reasonably beautiful form of clothing as modern designing has evolved.....I don't mean to pay men any compliment at the expense of women. I think the only reason their clothes are ordinarily in better taste than are those of many women is because men are frightened of anything that is unconventional and they therefore rarely take a chance in choosing colors for neckties or suits that are out of the general run."

MATTED PLACES IN VELVET--Answers to Questions. Roy Denney. (Natl. Cleaners and Dyers, vol. 25, Nov. 1934, no. 11, pp. 39.)

"How can we raise the nap of matted velvet? Sometimes we find that the substance of a stain has compacted the pile until it seems impossible to restore it without showing a difference from the surrounding material .....nothing can be done to raise the pile until the substance is removed. If the substance is water-soluble, place the stained area on the spotting board and brush over with cleaning solvent and apply any good semiset prespotting preparations then tamp with a spotting brush to secure penetration of the prespotter, then brush freely with dry cleaning solvent.....Another old method of removing water-soluble spots, or to raise the pile of crushed velvet, is to apply a mixture of alcohol and water in the proportion of from 1 part alcohol to 3 parts water, up to equal parts of alcohol and water. The solution is applied to the stained area and the stain tamped with a spotting brush or brushed lightly. The content of alcohol in the mixture prevents to some extent, possible damage to the pile. Absorb the excess moisture with a soft sponge and steam before drying. Brush lightly or shake the velvet while steaming. Alcohol cannot be used on pile fabrics containing celanese, if steaming is to follow before the fabric is dry."

TREATMENT AND REMOVAL OF STAINS, (Wool Record and Textile World, vol. 46, Dec. 6, 1934, no. 1334, pp. 1387-1389).

Ten ways of removing stains are first listed beginning with "1. Those which can be brushed off. 2. Those which dissolve in a solvent (sugar in water). 3. Those which peptise in a liquid (glue with warm water). 4. Those which peptise in a solution (blood in ammonia). 5. Those which peptise with a peptised colloid (soot with soap). 6. Those which require two stages of peptisation (tar with oil, followed by soap). 7. Stains which are absorbed by a solid (grease by Fuller's earth). 8. Stains which peptise in a liquid and are then absorbed by a solid (grease with turpentine followed by Fuller's earth). 9. Stains which can be changed into a less obnoxious form (iron rust with spirits of salts). 10. Stains which respond to complicated processes (paint is rubbed with olive oil which peptises it; casein powder is then rubbed on in a finely divided condition, which absorbs the peptised paint. The casein plus paint is then easily removed by means of soap solution, which peptises the casein).

.....Group 3.--Mineral oil stains can be dissolved out with turpentine, but the latter must subsequently be washed out with soap solutions. Grease, of course, easily dissolves in turpentine substitute or in benzene. Pitch or tar is, as a rule, most soluble in benzene, but stubborn stains will usually peptise sufficiently in aniline after standing for some time to enable them to be washed out with ether. The use of 'thin' liquids like ether is in most cases not to be recommended, because they run into the cloth and create big blotches of dilute stain. This can be prevented to some extent by dabbing the spot with dry absorbent cotton wool immediately after the application of the ether.....Coffee stains or tea stains spotted with glycerine will usually wash out with soap solution. Grass stains spotted with benzene will also wash out with soap.".....The removal of other stains also is discussed.

UNITED STATES DEPARTMENT OF AGRICULTURE
EXTENSION SERVICE
Washington, D. C.

No. 256 March 17, 1937

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Equipment HEPPLEWHITE AND SHERATON. Harold Donelson Eberlein and Cortlandt Van Dyke Hubbard. (House Beautiful, vol. 79, Feb. 1937, no. 2, pp. 39-41, profusely illustrated.) This article is a simple and clear statement of the characteristics and the distinctive features of furniture designed by George Hepplewhite and Thomas Sheraton.

Equipment MORE ABOUT WALLPAPER. Rhoda Raye. (The Rural New Yorker, vol. 96, Jan. 2, 1937, no. 5389, p. 16.) This is an article giving instructions for hanging and selecting wallpaper. Among other things it says that the most popular color in wallpaper is a neutral tan, cream, or gray, and more of that used has an allover pattern.

Equipment STUDIO COUCH. Built at Low Cost with Old Inner Tubes in the Place of Springs. K. F. Keith. (Popular Science Monthly, vol. 129, Nov. 1936, no. 5, p. 61, illus.) This article explains how to use old inner tubes from automobile tires in the place of springs.

Equipment AUTOMATIC LIGHTING CONTROL SAFEGUARDS CHILDREN'S EYES. Donald P. Caverly. (Electrical World, vol. 107, Feb. 13, 1937, no. 7, pp. 48-51.) This author explains how adequate lighting was obtained in all parts of a classroom and glare from outside light was eliminated.

Equipment THE MAKING OF FINE FURNITURE. (House Beautiful, vol. 69, March 1937, no. 3, pp. 53-54 and 102-105, illus. 8.) This article explains how many of the fine articles of furniture are made by craftsmen today after machines have done the heavy drudgery of getting the parts ready for finishing touches. The author says that, by and large, taste in this country has improved and that this

improvement is general in all areas. The same styles are now in demand in all levels of society. Furniture no longer needs to be produced especially for a clientele with bad taste.

General Home Economics — AN UP-TO-DATE HIGH SCHOOL COURSE IN CLOTHING. Suggested for Short Period Classes That Meet Present-Day Needs. Louisan Mamer. (Practical Home Economics, vol. 14, Oct. 1936, no. 10, pp. 303-304, 326, 328.) The units selected for a course in clothing are: "Fashion - Whyfors and wherefroms ($\frac{1}{2}$ to 1 week); Sewing equipment and fundamental processes and procedures ($1\frac{1}{2}$ to 2 weeks); Planning the wardrobe and starting clothing expense account (2 weeks); Foundation for the dress, and sleeping apparel ($\frac{1}{2}$ to 1 week); The making of a simple cotton garment (3 weeks); At one's best in one's clothes, dealing with grooming, movement, health, and personality (2 weeks); Care and repair of clothes (3 weeks); Coats and furs (1 week); Home accessories and simple solutions of the Christmas-gift problem (1 week); Appropriateness, becomingness, and beauty and dress construction, or a make-over problem (4 weeks); Recognition, judging, and appreciation of textiles (3 weeks); Making a dress for church, street, and informal parties, or a make-over problem (3 weeks); Hats and hairdress (1 week); Clothing for the child (1 week); Clothing for men and boys ($\frac{1}{2}$ week); Household furnishings (3 weeks); The clothing budget (1 week)."

General Home Economics — ADULT HOME-ECONOMICS EDUCATION. L. Belle Pollard. (Practical Home Economics, Nov. 1936, vol. 14, no. 11, pp. 340-341.) This article gives the reasons for which adults attend homemaking classes. These are: "To learn to be better homemakers. To have the companionship of people experiencing the same problems. To escape from undesirable home situations, and, To better themselves in certain vocations, such as teaching, dressmaking, restaurant work, etc." The author also says "desirable" classes were obtained if adults were given a choice of courses and opportunity to select the time and place for class meeting.

Miscellaneous — A COLOR NOTATION. A. H. Munsell. (Munsell Color Co., Inc. Baltimore, Md., 1936, pp. 72, illus.) This book has been prepared from the published works and unpublished notes left by Mr. Munsell for the revision of this book. It presents a "practical solution to the problem of color understanding, color visualization, color measurement, color balance, and color notation." The chapter titles and subtitles are: Color notation; Chaos, misnomers for color; Order, visual qualities of color; Solids, graphic representation of color, order and relationship; Color score, color arrangement, balance, visual comfort; Harmony rhythmic composition. Appendixes: Physiology, Psychology, Physics, Color education, The chromatic tuning fork, Color atlas. These chapters followed by others as Perspective diagram; Evaluation; Application; Traditional color names; A dictionary of color terms.

Education

THE EFFECT OF DIRECTIONS AND ARRANGEMENT OF ITEMS ON STUDENT PERFORMANCE AS A TEST. Daniel D. Feder. (Jour. of Educational Research, vol. 30, Sept. 1936, no. 1, pp. 28-35.) The results of the study show that clear-cut and concise directions are superior to more detailed explanations, because they avoid the danger of inducing an incorrect set. It is important that directions should be adequate but not cumbersome.

Personal

PERSONALITY MALADJUSTMENTS AND MENTAL HYGIENE. John Edward Wallin. (McGraw-Hill Book Co., New York and London, 1935, pp. XII to 511.) The preface says: "This book is the outcome of the first-hand investigation of numerous cases of mental defects, disabilities, and adjustment difficulties, and of the perusal of a wealth of technical memoirs, monographs, and books in the field of personality defects and mental hygiene. The case work includes over 13,000 examinations of children and youths subject to all kinds of handicaps and difficulties, referred by schools, courts, social agencies, homes, and other organizations, and the investigation of personality maladjustments in college and university graduate, and undergraduate students. In spite of the many years devoted to the accumulation of the data - the publication has been long postponed, to afford more time for first-hand investigation and reflection - the author would caution the reader against regarding the book as a finished product and against assuming that finality has been reached in this discussion of personality problems and mental hygiene. The last part of the book which includes chapters on Adjustment through compensatory reactions; and Suggestions for overcoming hampering inferiority feelings and compensatory maladjustments; The theory of mental conflicts and dissociations; The resolutions of mental conflicts by the methods of inhibition and repression into the unconscious; and Solution of difficulties by the methods of substitution and sublimation; Suggestions from psychoanalysis of value for child training; which apply to child care and training as well as to adult personality adjustments.

Personal

CHILD STUDY. A Journal of Parent Education. (Vol. 14, Nov. 1936, no. 2.) This issue of the above magazine contains several articles on women and their roles in life, under the following titles: Women in the Modern World. Dorothy Thompson, (pp. 35-38.) This article says: "To shut women out of everything except home activities today would mean to confine them to a more limited existence than they have ever had in history." Another article, Women's Subjective Dependence Upon Man. Beatrice M. Hinkle, (pp. 39-41.) This author urges women to make the most of their important function of feeling, in which they surpass men, for this function is as valuable to life as is thought. Scientific Contributions to the Age-Old Controversy, Helen Sternau. (pp. 42-45.) A discussion of "dangerous assumptions", "physical sex differences", "influences of the sex glands", "psychological findings and contributions", and "attributes of feminine maturity." Women's Stake in a Changing Social Order. Harry L. Lurie. (pp. 45-48.) This article considers the special problems of middle-aged women whose children no longer require their care.

Personal — ARE PARENTS NECESSARY? John E. Anderson. (National Parent-Teachers Magazine, Feb. 1937, vol. 31, no. 6, pp. 13 and 25.) This article asks, "Are Parents Necessary?" to an efficient youngster of 9 or more years, and answers by pointing out that in time of trouble they are necessary, "to comfort, to advise, to protect, to stand between their hurt, puzzled, frightened children and a world they cannot yet understand or fight against." The parents are necessary only if they give the children opportunities to become the best sort of persons possible.

Food and Nutrition — THE HANDBOOK OF FOOD SELLING. Alexander Todoroff. (Chicago: Grocery Trade Pub'l. House, 1936, pp. 64, numerous illus.) A booklet of descriptions and facts about staple groceries compiled to assist salesmen in answering consumers' questions and in promoting sales. Many of the facts are of a kind that housewives can use in marketing. Sizes of cans, serving portions, descriptions of contents, names of varieties of fresh fruits, etc., are given.

Food and Nutrition — THE EFFECT OF A MIXED UNFORTIFIED DIET ON THE SKELETAL DEVELOPMENT OF RACHITIC RATS. C. A. Lilly, C. B. Peirce and R. L. Grant. (Jour. Amer. Dietetics Assoc. vol. 12, Jan. 1937, no. 5, pp. 438-449.) This report of research refutes the idea commonly taught that common foods without accessory sources of vitamin D are deficient in calcifying factors.

Food and Nutrition — THE PROOF OF THE PUDDING. John W. M. Bunker. (The Jour. Amer. Dietetics Assoc. vol. 12, Jan. 1937, no. 5, pp. 431-437.) This is a discussion of vitamin "D" and its properties. The author says that, so far, true vitamin D has not been attained free beyond doubt of other substances, and it is not yet known whether it is an oil, an amorphous solid, or a crystal.

Food and Nutrition — THE VITAMIN C CONTENT OF ORANGE JUICE. (Jour. Amer. Med. Assoc. vol. 108, Jan. 30, 1937, no. 5, p. 396.) This item says there is no justification for the claim so commonly made on billboards and in the newspapers and magazines, that sunkist navel oranges are "22 percent richer in vitamin C" than other oranges. The Bureau of Home Economics is given as the authority on which this denial is made.

Food and Nutrition — PRESIDENTIAL PARTIES. Louisa Pryor Skilton. (American Cookery, vol. 61, Jan. 1937, no. 6, pp. 331-337, illus.) This article is full of ideas for table setting and for serving for festive occasions.

Food and Nutrition — STUDIES IN HYPOVITAMINOSIS. A. C. Friderichsen and C. Edmund, (Amer. Jour. of Diseases of Children, part I, vol. 53, Jan. 1937, no. 1, pp. 89-109, with numerous diagrams.) In this study it was found that spinach seemed to affect infants favorably for a longer time than did halibut liver oil or cod liver oil in cases of hypovitaminosis A. Besides being indicated by reflex irritability of the eye to light there was a distinct difference in the psychic condition of the child in regard to the use of spinach or halibut or cod oil for vitamin A.

Beale

UNITED STATES DEPARTMENT OF AGRICULTURE
EXTENSION SERVICE
Washington, D. C.

No. 257 March 24, 1937.

TO HOME ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

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Junior Scientist.

Social — FAMILY LIFE CYCLE ANALYSIS. Charles P. Loomis. (Social Forces, vol. 15, December 1936, no. 2, pp. 225-231.) This is a discussion of methods for studying family life cycles. No conclusions are drawn about these cycles. Also on pp. 262-267, MARRIAGE AND THE FAMILY. Jitsuichi Masuoka. This investigator says the biological needs of individuals are about the same everywhere, and there is "very little difference in the planes of living among individuals of the same social stratum." Behavior is affected by social customs. They are quite uniform in a homogeneous community. People have varied attitudes toward diets, clothing, housing, house furnishings, education, and marriage.

Management — CAN DOMESTIC SERVICE BE STANDARDIZED? Mary Everett. (Jour. Amer. Assoc. University Women. vol. 30, January 1937, no. 2, pp. 90-92.) This article is a discussion of ways and means of raising the status of household service. In this article the charge is made: "...So far, women have shown singularly little ingenuity either in analyzing their own household and family needs or in devising ways to meet them. Much less have they reckoned their full duty as citizens in terms drawn out of their own experiences. Instead they have been content to apply both to domestic and public problems the mechanical methods that men have long employed, without any startling success. This tendency is clearly illustrated, I think, in the plans proposed in the October journal for the amelioration of domestic service. The corrections of the conditions that houseworkers face will demand a good deal more than collective bargaining; it will demand continuous educations in values which have long been neglected in the modern world."

Management — PAY NOTHING DOWN. Robert Duncan. (Today, vol. 7, Feb. 20, 1937, no. 18, pp. 6-7 and 24-25.) Another article for the consumer on buying. This one discusses the evils of installment-payment methods and why some merchants prefer to sell in this way.

Equipment — COOPERATION IN THE EXTENSION OF ELECTRIC SERVICE TO THE FARM. David S. Weaver. (Agricultural Engineering, vol. 17, December 1936, no. 12, pp. 507-508.) This article tells something of what the Rural Electrification Administration and Reconstruction Finance Corporation are doing to extend electrical service to farms. It speaks of types of loans made and how they are to be liquidated.

Markets and Crafts — KNIT BY A PATTERN. Ethel Holland Little. (Woman's Home Companion, vol. 64, February 1937, no. 2, pp. 66-67.) This brief item announces that patterns may be used as guides for knitting garments, and that, by their use, good results may be had regardless of how tight or how loose one knits.

Markets and Crafts — BLOCK PRINTING OF CORONATION FLAGS. (The Wool Record, vol. 50, Dec. 2, 1936, no. 1442, pp. 29-31 and 39.) This article describes the methods used in hand block printing and says that a considerable amount of hand work is done at the present time. It tells how to paste the material to the table, mark corners so that successive colors will come in the proper place, etc.

Markets and Crafts — COLUMBIA MANUAL OF KNITTING AND CROCHETING. Sarah Barnes. (Wm. H. Horstman Company, Philadelphia, Pa., 1936, p. 176, illus.) This well-illustrated book covers the following subjects: Introduction; History of Knitting and Helpful Suggestions; Tailoring and Blocking, with special illustrations and guides for particular features in joinings and finishings for sleeves, pockets, plackets, hems.; Knitting Stitches, with illustrations and working instructions; Sample Measurement Charts, with a guide for individual measuring for suits and dresses, as well as charts in standard sizes.

Markets and Crafts — DOLLS FROM MANY LANDS. Doris Hale. (Better Homes and Gardens, vol. 15, December 1936, no. 4, pp. 56-57, illus.) This article refers to patterns for making dolls which are replicas for those used in foreign countries, and suggests something about how they are made.

Housing — DON'T HEAT ALL OUTDOORS. (House Beautiful, vol. 69, March 1937, no. 3, pp. 62-63, and 99-101, illus.) This article shows and explains how houses of different types of construction can be insulated. Also it contains a description of insulating materials. The illustrations show each type of wall construction.

Clothing and Textiles — SPUN RAYONS HAVE 'ARRIVED' RAPIDLY. (Women's Wear Daily, vol. 54, Feb. 15, 1937, no. 31, pp. 6-7, sec. II, p. 13, sec. I, illus.) The interesting feature of this item is the picture of magnified rayon filaments and spun rayon.

Clothing and Textiles — LASTEX YARN. R. C. James. (Textile Recorder, vol. 44, Dec. 6, 1936, no. 645, pp. 28-32, illus.) An article which explains how lastex yarn is made and used. The word 'lastex' designates a wide range of elastic yarns which are made by ~~spirally~~ wrapping one or more textile yarns around a central core of thread of lactron. Cut rubber has been covered in this way for a long time; but it makes a coarse yarn, so has had a limited use. Material for lastex is easily extruded in fine gauges, resists deterioration, so can be made into a fine thread.

Clothing and Textiles — RECENT DEVELOPMENTS IN RAYON. Charles S. Venable. (Textile Bulletin, vol. 51, Jan. 28, 1937, no. 22, pp. 4-6.) This is a general article on the subject of recent developments in the rayon industry. It says the tensile strength of all rayons has been increasing, and that the increase is likely to continue. On one point, that of elasticity, rayons are still deficient. It is lack of this property that causes rayon to crease readily and that makes it less adaptable for full-fashioned hosiery.

Personal — HEREDITY AND ENVIRONMENT IN THE LIGHT OF THE STUDY OF TWINS. Frank N. Freeman. (Scientific Monthly, vol. 44, January 1937, no. 1, pp. 13-19.) A discussion of various studies of identical and other twins brought up in different homes, which says that "difference in educational achievement corresponds almost exactly to the difference in the amount of education which has been enjoyed;" that, "education and training are large factors in ability;" that "sharp contrasts may be produced in personality and character as well as in mental ability by differences in education, training, and treatment," and that "environment may effect all kinds of traits, intellectual, temperamental and social."

Personal — LEARNING TO LIVE WITH OTHER PEOPLE. Frances Bruce Strain. (Parents'Magazine, vol. 11, November 1936, no. 11, pp. 18-19 and 86-87.) This article stresses the value of having a grandparent or other individual in the family in teaching children to live with other people. It warns against the dangers of spoiling the relationship between these individuals and the child, no matter how out of harmony one parent may be with an aunt or grandparent. On the other hand, it says a home must be so organized that there are graded positions of authority, with father and mother as the final governing body.

Child — A SCHEDULE FOR THE NEW MOTHER. Billie Wyer. (Parents' Magazine, vol. 12, February 1937, no. 2, pp. 22, 62-64.) This is a discussion of how to handle a child's feeding schedule so that the mother can lead a satisfactory life, too.

Child — INTRODUCING A CHILD TO MUSIC. Helen P. Law. (Parents' Magazine, vol. 12, January 1937, no. 1, pp. 31 and 54-55.) An article for mothers, telling them an approved method of developing an understanding of music and, consequently, ability to sing and play enough to get pleasure from music. It says, first help the child to feel rhythm, and advises connecting singing with the games a child plays and the use of action songs. Nonsense songs help to develop a sense of humor.

Health — PROPHYLAXIS OF RICKETS IN INFANTS WITH IRRADIATED EVAPORATED MILK. Leonard T. Davidson, Katharine K. Merritt, and Sidney S. Chipman. (American Journal of Diseases of Children, vol. 53, January 1937, no. 1, part I, pp. 1-21.) The summary of this study says it showed irradiated evaporated milk to be considerably less efficacious for the protection of premature infants against rickets than metabolized vitamin D.milk when the two are given under identical conditions.

Health — THROMBOCYTOSIS PRODUCED BY A HITHERTO UNKNOWN SUBSTANCE-THE "FAT-SOLUBLE T FACTOR." E. Schiff and C. Hirschberger. (American Journal of Diseases of Children, vol. 53, January 1937, no. 1, part I, pp. 32-38.) The conclusions drawn from this study are that it is possible to increase the number of blood platelets in normal children, but that an unknown factor designated as "fat-soluble T factor" is responsible, and not vitamin A. This T factor is present in sesame oil, but not in olive oil or cod-liver oil.

Health — HOW TO EAT. Israel Bram. (Food Facts, vol. 4, January 1937, no. 1, p. 2.) The author says that we need a new philosophy of life and health. It is as important to enrich life as to extend the length of life. A really serious health problem is that too many people have been taught to be afraid of overeating, undereating, overexertion, lack of exercise, and a score of other dangers, real and imaginary. He says, "Vitamins are of importance, to be sure, but they are being overemphasized." The mood we eat in is more important than the food we eat; in fact, we live to eat the dessert.

Health — HEALTHY GROWTH. Martha Crumpton Hardy and Carolyn H. Hofer. (The University of Chicago Press, Chicago, Ill., 1935, pp. XII 360.) This is a report of the effect of health education which shows that healthy children are best equipped to cope with social, school, and other problems. Those having health education seem to have profited from this in maintaining their health.

UNITED STATES DEPARTMENT OF AGRICULTURE
EXTENSION SERVICE
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No. 258 March 31, 1937.

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Personal

PERSONAL APPEARANCE. Louise Gibb. (Occupations - The Vocational Guidance Magazine, vol. 15, March 1937, no. 6, pp. 528-530.) This article written by a vocational counselor of a college says: "Personal adequacy" is an essential attribute to success and that term embraces "personal appearance, proper attitudes, and correct personal approach." All these are important when meeting and dealing with other people. She says nothing is more difficult than to conduct a class in "Personality," but that it is relatively simple to help individuals in helping themselves to develop personality. The world seems to have become conscious that social awkwardness, self-consciousness, "wallflowers" and "dumbbells" needn't exist. In this connection help is needed in overcoming feelings of inferiority, in hygiene, dress, social poise, speech, etc. She warns, however, that there must also be something to back up or set off personality.

Extension Work

CORNERSTONES FOR RURAL LEADERS. Lita Bane. (Agricultural Leaders' Digest, vol. 18, March 1937, no. 3, pp. 42-43.) "Last year, we had in Washington what was called a Background School for Extension Workers consisting of lectures on philosophy, sociology, and agricultural economics. It seemed to me to mark the dawning of a new day for extension work, a day in which there will be added to our fine work in production of food and textiles, preservation of food, together with work with clothing and home furnishings. a consideration of other life values; for indeed, Life is more than meat and the body more than raiment.... The consensus of that conference was that a democracy by its very nature calls for an examination of those values if democracy is to survive. We must find which values are most wanted by our people, then set up the machinery to see that they have them. Democracy was defined as the practical application of reason, the appeal to the rational man to participate in social programs."

Clothing and Textiles

COSMETIC DERMATOLOGY. Herman Goodman. (McGraw-Hill Book Co., New York and London, 1936, pp. XV - 591.) A technical book by a physician which gives the composition of cosmetics, soaps, etc., and their action on the human body. Proper hygiene is stressed.

Clothing and Textiles

ART IN INDUSTRY. (Textile Mercury, vol. 46, Jan. 22, 1937, no. 2496, p. 78.) The manufacturers of cotton and rayon yard goods are becoming not only more "fashion-minded" but they are considering preparing designers with a "better coordinated art education", to improve the quality of designs in relation to these materials.

Clothing and Textiles

TRIM IDEAS. Orinne Johnson. (The Farmers' Wife. vol. 40, March 1937, no. 3, p. 14, illus.) Thirteen articles for trimming garments are illustrated. They include unusual crocheted buttons with hints as to how to make them. There are also frogs, linked buttons, hooks and eyes, and trimming.

Clothing and Textiles

PARIS PREDICTS. (Vogue, vol. 80, Feb. 1, 1937, no. 3, p. 49.) Predictions for spring are that there will be no "dramatic exaggeration" or unnecessary "accents." Lines will be "well-proportioned, narrow, and close to the body, shoulders normally broad, and waists equisitely slim." Collars will be small and coat revers and belts eliminated. Pockets will be everywhere. Buttons, pompons, and other fastenings will attract attention. Boleros will be worn day and evening. Hats will take a great variety of shapes. Popular colors will be pinks, yellows, reddish shades, beige, grey, blue, black, and cinnamon.

Clothing and Textiles

IRONING AS A FACTOR IN THE DETERIORATION OF COTTON FABRICS. Ruth E. Elmquist and K. Malvina Downey. (Rayon Textile Monthly, vol. 18, February 1937, no. 2, pp. 51-52.) This is the last of a series of articles on the effects of ironing on cotton fabrics, the others appearing in preceding issues. The tests were made on sheets subjected to different degrees of pressure and temperature as well as speed of the ironer. The influence of pressure was more marked at high ironing temperatures than at low. Additional laundering increased the deterioriation caused by heat and pressure. "Ironing at high pressure with sliding contact displaced the yarns, and produced noticeable stretching as compared with ironing at low pressure."

Clothing and Textiles

WHAT DO YOU KNOW ABOUT FURS? Jos. Caspe. (Women's Wear Daily, vol. 54, no. 46, Mar. 9, 1937, p. 25.) This item answers questions about why some Indian lamb fur sheds, and the differences in various kinds of lambs such as Multon and Delhi. The shedding is effected in part by the time or age at which the lamb is killed and the process used in dyeing.

Equipment

HEATING AND VENTILATING. (Vol. 34, March 1937, no. 3). The Five Types of Domestic Oil Burners. Arthur H. Senner. (pp. 37-39.) The five types of domestic oil burners described are pot vaporizing, gun vaporizing, vertical rotary, horizontal rotating cup, and blue-flame rotary. This article is a digest of a new bulletin on oil burners for home heating, put out by Bureau of Agricultural Engineering, United States Department of Agriculture.

Equipment

HEATING AND VENTILATING. (Vol. 34, March 1937, no. 3). Well-Water Cooling With Warm-Air Systems. C. D. Leiter. (pp. 60-61.) A short article telling of the possibilities of using well water for cooling dwelling houses. The water after being used for cooling the dwelling can be used for sprinkling lawns, etc. The author says, well water in all sections of the United States, except the extreme Southern and Southeastern States where humidity is high, is cool enough for cooling. Water in the Eastern and Central States will be satisfactory if between 42°F. and 55°F.

Equipment

REFRIGERATING DATA BOOK. (The American Society of Refrigerating Engineers, 37 W. 39th. St., New York, 1936, pp. 642, 3d. Ed. illus.) This book, which is quite technical, explains the principles of refrigeration. Chapter 5 explains the use of cold temperatures for storage of fruits, vegetables, and meats, giving the low-temperature tolerance for each kind. Chapter 6 describes domestic refrigeration and refrigerating machines. A table of desirable temperatures for broths, custards, and other foods is given. Minimum construction requirements are outlined, and numerous diagrams show the different types of refrigerating units. The book also treats of air conditioning.

Equipment

HARD TWIST OR FRIEZE RUGS. Harry Gross. (The National Cleaner and Dyer, vol. 38, February 1937, no. 2, pp. 90, 91.) This article says that the twist in frieze or hard-twist carpets and rugs which are quite new on the market is taken out wholly or in part by washing processes, and sometimes "by ordinary spillage in the home." About 70 percent of the volume of carpets sold in 1936 were of this type,

Housing

RECENT DEVELOPMENTS IN DWELLING CONSTRUCTION. (Federal Housing Administration, Bull. FHA. Form no. 2212, U. S. Govt. Print. Off. Washington, D. C. 1936, pp. 1-17.) This bulletin says prefabrication and other new methods of house construction are still in the experimental stage, but that that field of low-cost housing is making progress. Lists are given of firms manufacturing steel frames, ready-cut lumber, concrete units, precost panels, etc.

Food and Nutrition — HERBS, How to Grow Them. Jean Hersey. (Delineator, vol. 130, March 1937, no. 3, illus.) An article on how to use various herbs in cooking. Some general suggestions and some recipes are given for using them.

Food and Nutrition — CHEMISTRY OF FOOD AND NUTRITION. Henry C. Sherman. (The Macmillan Co., New York, 1937, pp. XI-640, numerous diagrams, 5th ed. completely rewritten.) This textbook has been rewritten to include recent results of research in chemistry of food and nutrition.

Food and Nutrition — HEAT TREATMENT OF MILK IMPROVES MILK BREAD. Oscar Skovholt. (Food Industries, vol. 9, March 1937, no. 3, pp. 132-133 and p. 173, illus.) The author says that recent studies show that controlled heat-treatment of milk increases its effectiveness as a bread-improver regardless of the form of milk used. The desirable temperature to heat the milk is between 182° and 187° F. This temperature causes a partial coagulation of the milk proteins. The article further explains how the effects of milk on the bread are brought about.

Food and Nutrition — VITAMIN C IN MILK (Journal of the Amer. Dietetics Assoc. vol. XII, March 1937, no. 6, pp. 557-558.) This editorial, which points out the values of vitamin C in controlling tuberculosis and certain other diseases, states: It is unfortunate to hail it as a panacea for all ills, but that there is proof to establish its value as "an important health factor and to urge its liberal intake", and that it is unfortunate in economic stress to curtail the use of fresh fruits and salad vegetables which are not luxuries but distinct food necessities.

Health — ON OUR LINE. Barbara Lucas. (Michigan Farmer, vol.87, Feb. 27, 1937, no. 5, pp. 16-17.) A brief summary of a number of talks for homemakers, given during farmers' week in Michigan. These talks were on control of household pests, child behavior, personality and health, food preparation, and some general subjects. Mildred Horton, Texas Extension Service, said the four greatest wishes of American farm women are security, recognition, response, and new experiences.

Health — IT'S THE WAY YOU WALK. Jane Priestly. (Hygeia, vol. 15, March 1937, no. 3, pp. 208-209, illus.) Another article on how to stand and to walk properly, that is, so that your muscles will not be strained out of shape.

UNITED STATES DEPARTMENT OF AGRICULTURE
EXTENSION SERVICE
Washington, D. C.

No. 259

April 7, 1937.

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Sincerely,

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Edith L. Allen.

Markets and Crafts — SHOWING HANDICRAFTS. (The Countrywoman, vol. 4, March 1937, no. 37, p. 12.) "Last Autumn the Handicraft Standing Committee of the Associated Country Women of the World commenced work on the formation of an international loan collection. . . . . A letter has been drawn up which will be sent out to the constituent societies asking for their help and cooperation in this work. It will really be a series of collections arranged in crafts, and the following list has been compiled: Dyeing, spinning, and weaving - Linen embroidery - Drawn thread - Canvas and cross-stitch - Colored embroidery - Fur craft and wool - Leather and gloving - Knitting and crochet - Lace - Patchwork quilting - Raffia - Grass plaiting, Rush work and basketry - Rugs - Smocking - Toys. It will be impossible to include large articles such as Quilts, Rugs, Table covers, etc., but sample pieces of such work, 8 by 12 inches (60 by 76½ cm.), will be collected; and the committee stress the point that they want articles which are considered specially typical of the craftwork of each country."

Markets and Crafts — "GREEN GALLEON" RUG. (Homes and Gardens, vol. 18, October 1936, no. 5, p. 177, chart.) Directions for making a rug 1¾ yards of Turkey-checked canvas, 30 inches wide with 3 squares to 1 inch, 2¾ pounds of rug wool makes a 27 by 52-inch rug. A rug needle is used. The stitch used is the half-cross stitch over lengths of wool of the padded tent stitch. The wool for padding is stretched from selvage to selvage. "When starting or finishing a length of wool, either for padding or covering, darn it in for about three inches," Finish selvage with satin stitch and the ends with fringe from wool cut in 8-inch lengths; 96 lengths are required for each end.

Markets and Crafts — FARMERS' MARKET THAT WORKS. Emma Mayhew Whiting. (Rural New Yorker, vol. 96, Jan. 16, 1937, no. 5390, p. 42, illus.) This article tells of the organization and conduct of a farmers' market in Massachusetts.

Food and Nutrition — 965 HOUSEWIVES SPEAK. Herbert V. Prochnow. (Bakers' Helper, vol. 67, Jan. 23, 1937, no. 822, p. 130.) A brief report of a survey made by college students in the Middle West who interviewed 965 housewives with questions of interest to the baking industry. Some of the results show that in this group 155 housewives baked most or all their bread used, 746 would like bread wrappers to be dated, 283 limited consumption of white bread, believing it fattening, 455 baked most of the cake and pastries they used.

Food and Nutrition — IRON RETENTION IN INFANCY. Genevieve Stearns and Dorothy Stringer. (The Journal of Nutrition, vol. 13, Feb. 10, 1937, no. 2, pp. 127-141, illus. charts.) The results of a study of 14 healthy infants in which the summary shows that the baby given human milk was never in a negative iron balance although the retention was always small. Those having cow's milk alone lost an average of .05 mg of iron daily. Neither egg yolk nor spinach, in the amounts given, increased the iron retention. The exact amounts used are not given. The retention of iron was increased when the infants were given special iron - rich cereal or ferric ammonium citrate. "No consistent relationship was observed between the iron retention and the intake of potassium, calcium, or phosphorus."

Food and Nutrition — THE CONSERVATION OF BLOOD IRON DURING THE PERIOD OF PHYSIOLOGICAL HEMOGLOBIN DESTRUCTION IN EARLY INFANCY. Genevieve Stearns and John B. McKinley. (The Journal of Nutrition vol. 13, Feb. 10, 1937, no. 2, pp. 143-154.) The conclusion of this study is that a dietary source of iron is desirable for infants well before they are 6 months of age.

Food and Nutrition — A REVIEW OF RECENT WORK ON DIETARY REQUIREMENTS IN PREGNANCY AND LACTATION, WITH AN ATTEMPT TO ASSESS HUMAN REQUIREMENTS. R. C. Garry and D. Stiven. (Nutrition Abstracts and Reviews, vol. 5, April 1936, no. 4, pp. 855-881.) These English writers say that from their studies and Orr's survey of diets a large proportion of women in England cannot hope to procure a diet adequate for the physiological strain of childbearing. Also, "Any investigation into causes of maternal morbidity and mortality should therefore take into account the diet of mothers."

Food and Nutrition — FOOD AND THE PRINCIPLES OF DIETETICS. Robert Hutchison and V. H. Mottram. (Edward Arnold & Co., London, 8th ed. 1936, pp. XXVII - 634.) The author says, "In order to keep abreast of progress it has been found necessary to publish a new edition of this book after the lapse of only 3 years." The chief changes are in the chapters on - The nature, nutritive constituents, and relative values of foods; The amount of food required in health; and, On the influence of various conditions upon the amount of food required. Minor changes are made throughout the book.

Education

ADULT INTERESTS. Edward L. Thorndike. (New York, The Macmillan Company, 1936, pp. IX - 265.) This book says ability to learn must be supplemented by interest or desire "adult education, including self-education, should be guided by a sound psychology of adult interests." It reports the results of a series of studies in interests and motives of learning of adults covering a period of 3 years. The chapters are: Changes in the intensity of interests with age; The control of adult interests; Learning what is intrinsically uninteresting; Interest in the constituent elements of a topic or activity; Differences between young adults and old in interests and attitudes; Inventories of adult likes and dislikes; Individual differences among adults; Interest and the distribution of adult education. Interest and the curriculum of part-time adult education; Methods of teaching adults. Under Methods of teaching adults, teachers are urged to be more than tellers and demonstrators and to adopt methods more and better adapted to individual needs. It points out the dangers in discussion and stresses the value of giving the dullest members of a group an assignment in advance so that they will have something ready to do, and will participate. It says the most common error in teaching adults is to assign too much and expect too rapid learning. Leaders forget that learning is not the adult's sole occupation. The good and bad features of the "project" are pointed out. The principal feature is to increase interest and to make learning purposive and serviceable."

Education

HOUSING AND ITS PLACE IN A PROGRAM OF CHILDHOOD EDUCATION. Christine Heinig. (Childhood Education. vol. 13, January 1937, no. 5, pp. 220-222.) This article says there have been enough studies made in the field of mental development to show that, "Improvement in the environment has a positive effect on the individual's ability to use his intelligence," and helps the "child to live up to his maximum ability"; needless inconveniences and discomforts are sources of irritation; and conditions whereby the home is damp, dirty, or dilapidated "promote disease, delinquency, degeneracy and death." It advocates disseminating information on hygienic standards of living.

Child — UNDERSTAND THE SHY CHILD. Irene Glenn. (The American Home, vol. 17, March 1937, no. 4, pp. 29, 60, illus.) This article explains why some children cling to mothers' skirts, hide from visitors, indulge in clownish performances, etc. It tells how the visitor should treat the shy child such as to avoid chattering to him and making remarks about his shyness, that it is better simply to look at him occasionally, accepting him as behaving properly until he feels at ease. It tells the mother also to ignore shyness in the child and inspire him with faith in himself.

Child — WHY PHYSICAL EDUCATION IN THE EARLY SCHOOL YEARS. Lee Vincent. (Childhood Education, vol. 13, March 1937, no. 7, pp. 297-301, illus.) To make constructive physical activity a life habit, children should be stimulated through intelligent handling to love physical play and to become interested in and practice many basic physical skills. In adult life physical play provides exercise which assists metabolism and physical health and affords release from nervous and emotional tension. This helps to maintain an optimum of mental health. To accomplish these things the individual must enjoy play.

Child — POSTURE OF THE YOUNG CHILD. Billie Louise Crook. (Childhood Education, vol. 13, March 1937, no. 7, pp. 317-321.) This is a report of a posture study of 208 preschool children. A protruding abdomen was found to be common to all the children, but this condition was not accompanied in all cases by poor bodily mechanics. Faulty positions seemed to increase with age. It seems that posture training should be begun young to avoid development of faults.

Child — ARE PARENTS AFRAID OF THEIR CHILDREN? Mary Ellen Chase. (Ladies' Home Journal, vol. 54, March 1937, no. 3, pp. 60-62, 64.) An article about the lack of control that most present-day parents have over their adolescent children, which says in part that a group of young people questioned on this subject responded that they would not resent or consider unreasonable the authority of their parents imposed upon matters of taste or behavior. They were unanimously agreed that their parents possessed the right to say what should or should not be done in their homes and with the family car; and that since they provide cash for college, clothes, and many other uses, no one with common sense or logic should resent the supervision of the spending of this money.

Health — RACIAL FOOD HABITS IN RELATION TO HEALTH. Mary Swartz Rose. (The Scientific Monthly, vol. 44, March 1937, no. 3, pp. 257-267.) The author cites examples of improving health through diet, and cases of human beings wherein the differences in physical vigor are due to differences in dietary habits in various regions. She says, "all races of men have the same nutritional needs"; and that "changes in racial habits may be disastrous if people are living in nutritional equilibrium but close to the margin of safety."

United States Department of Agriculture
Extension Service
Washington, D. C.

No. 260 April 14, 1937.

TO HOME ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Organization

PUBLIC ADMINISTRATION AND PUBLIC INTEREST. E. Pendleton Herring, (McGraw-Hill Book Co., Inc. New York and London, 1936, pp. XII + 416.) Parts III and IV of this book include discussions of the protecting consumer and how the Department of Agriculture aids the farmer. Chapter IV points out relationships between organized farmers and the Government. It tells of the various services of the Department in disseminating information, and relationships of State and Federal extension departments. In fact, this chapter is mainly a discussion of extension activities. It says in part " . . . despite the great increase in extension activities, there has not been a proportionately great increase in either the personnel or overhead expenses of this service. . . . The county agent is one of the most significant administrative officials in the county today. In the eyes of many farmers he is the symbol of the public-service aspects of government. . . . The county agent makes government personal and understandable to the farmer. . . . Agents and demonstrators. . . agree in these local soviets upon the problem to which they will give their attention. They choose the demonstrations they wish to try, and farmers volunteer to cooperate in carrying on certain experiments. The vitality of the whole movement depends on these farm contacts. Successful administration is based on free cooperation. These details of administration are significant in that they show the close adaptation of bureaucracy to the individual. Yet a centralized supervision is maintained. . . . Why does the Federal Government not provide services for the industrial worker that are comparable to the facilities provided for the farmer? . . . Why are not the wives of millworkers brought together and shown how to bake, to can foods, or to weave raffia baskets?" These questions are answered.

Clothing and Textiles — CREATIVE ART IN TEXTILE DESIGN. Bernice Jamieson and Grace Ripley. (Amer. Dyestuff Reporter. vol. 27, Jan. 25, 1937, no. 2, pp. 36-37.) An article which deplores the fact that American textile designers are not given recognition for their good work as are other designers and French textile designers. The latter have their names woven in the selvages. Some American designers excel foreign ones, and the authors think that a demand should be made that they, also, have their names on selvages of textiles. It is thought that giving recognition will improve designs.

Clothing and Textiles — CLAIMS FOR ALLEGED DERMATITIS. (Wool Record and Textile World, vol. 50, Dec. 17, 1937, no. 1440, pp. 35-36.) This article discusses the responsibility of manufacturers of textiles which may cause dermatitis in very rare instances or in many. It points out that foods and other substances tolerated by most people may cause illness in some one, and this is also true of textile dyes. The author believes if a patch test on 300 persons caused no case of dermatitis the manufacturer should be exempt from liability if some one should get this trouble.

Clothing and Textiles — STAIN REMOVAL. (Wool Record and Textile World, vol. 51, Jan. 28, 1937, no. 1446, pp. 213-215, and 219.) This article contains directions for removing oil, ink, dyestuff, metal, mildew, household and dirt stains, by means of organic solvents, acids, alkalis, oxidizing and reducing agents, and special reagents, also combinations of these on wools, cottons, rayons, and similar cloths.

Clothing and Textiles — FOOTWEAR AND LEATHERS. Informative Booklets to Consumer Plan to Tell What is Vital in Shoes. Retailer Devotes One to Children's Footwear - Plans Women's Information Later in Season. (Women's Wear Daily, vol. 54, Mar. 19, 1937, no. 54, pp. 10-12, illus.) This item tells how the Chicago firm of Wieboldt is issuing booklets containing consumer information. The subject matter of the one on children's shoes is reproduced on this page. Its headings are: In Choosing Children's Shoes Remember; Correct Size and Fit; Shoes Must be Comfortable; Shoe Construction; Materials Used in Shoes; and, Care of Shoes.

Clothing and Textiles — MOTHS: THEIR HABITS AND CONTROL. Samuel C. Prescott. (Amer. Dyestuff Reporter, vol. 26, Jan. 11, 1937, no. 1, pp. 9-10, and 18-20.) This article discusses the habits and control of the case-bearing, the webbing, and the less common tapestry moths. It says that though low temperatures check the activities of moths they do not destroy the eggs. Marked changes in temperature do destroy them if repeated during short intervals. Ironing fabrics kills moths, so does dipping the fabric in gasoline. Some dyes in fabrics seem to inhibit the attack of moths.

Food and Nutrition — DIETARY PRINCIPLES IN THE TREATMENT OF GASTRO-INTESTINAL DISEASES. Albert F. R. Andreson. (Amer. Jour. Digestive Diseases and Nutrition, vol. 4, March 1937, no. 1, pp. 1-4.) The conclusions of this discussion of gastro-intestinal diseases are that diet in these cases . . . while essentially prescribed for the purpose of nourishing a patient, must be modified to conform to the required mechanical, chemical, and physiological indications. Every diet, and preferably each meal, must contain a proper balance of essential ingredients, a sufficient vitamin and mineral supply, adequate amounts of water, and, unless contraindicated, considerable indigestible residue. The purposes of the diet should be explained to the patient and every detail should be given to him in writing so that misunderstandings or actual errors may be avoided. Changes in the diet should be made only in accordance with certain definite indications, such as gain or loss in weight, variations in symptoms, allergic manifestations, and when the causes for which the diet originally was prescribed no longer exist.

Food and Nutrition — ADEQUATE NUTRITION FOR CHILEAN CHILDREN. Brief Notes. (Bulletin of Pan-Amer. Union, vol. 71, March 1937, no. 3, p. 290, illus.) The public health authorities of Chile are carrying out an experiment in nutrition of school children. More than 400 children are being given daily 60 grams of meat, 100 grams of fresh vegetables, 300 grams of milk. In the afternoon each child is given 200 grams more of milk. The girls in the vocational school prepare and serve the food.

Food and Nutrition — A STUDY OF JUICINESS AND FLAVOR OF STANDING AND ROLLED RIB ROASTS. Alice M. Child and Gertrude Esteros. (Jour. of Home Economics, vol. 29, March 1937, no. 3, pp. 183-187.) Standing beef rib roasts had the larger quantity of juice of slightly richer quality, less loss, and required a shorter cooking time than for rolled roasts. Flavor was about equal.

Food and Nutrition — EFFECT OF PAN ON TEMPERATURE OF BAKING AND TENDERNESS OF ANGEL-FOOD CAKE. Sarah Jane Reed, E. V. Floyd, and Martha S. Pittman. (Jour. of Home Economics, vol. 29, March 1937, no. 3, pp. 188-192, charts 2.) A low inside cake temperature tended to make a more tender product, while baking temperatures varied according to the kind of pan used. The pan materials have different thermal efficiencies.

Food and Nutrition — TURN THE SPOTLIGHT ON FISH. (Forecast, vol. 53, March 1937, no. 3, pp. 118-119, illus.) This general article on fish, fresh, salted, and canned, is supplemented by two tables giving the name, habitat, season, average size, and description of many kinds of fish and shellfish.

Health — WHAT SHOULD YOU WEIGH? Wilbur L. Schramm. (Household Mag. vol. 37, April 1937, no. 4, p. 28, with tables.) A method for figuring the proper weight for a man or woman as presented by C. H. McCloy of the University of Iowa follows:

Women

1.77 X height + 3.64 X hip width + 4.5 chest circumference + 20.2 X knee width - 232 = weight in pounds.

. . . . . .

Men

1.32 X height + 6.38 X hip width + 5.4 X chest + 13.9 X knee - 249

. . . . . .

Other formulas available are:

Girls

Age 3	.84 height	+ .35 hip width	+ 1.25 chest	+ .46 knee	- 27
Age 6	.59 H	+1.47 W	+ 2.88 C	+ 9.1 K	- 78
Age 12	.69 H	+ 5.8 W	+ 3.9 C	+18.9 K	-172

Boys

Age 3	1.12	+ 1.3 W	+ 1.17 C	+ 5 K	- 53
Age 6	1.07	+ 2.12 W	+ 3.3 C	+ 4.06 K	- 102
Age 12	1.25	+ 1.38 W	+ 2.91 C	+21.1 K	- 154

Health — HOUSEHOLD PESTS. Their Habits, Prevention, and Control. Peter B. Collins. (London: Sir Isaac Pitman and Sons, 1936, pp. XIII + 98.) Describes the pests which housewives encounter indoors and the means of getting rid of them.

Health — THE DIAGNOSIS AND TREATMENT OF POSTURAL DEFECTS. Winthrop Morgan Phelps and Robt. J. H. Kiphuth. (Charles C. Thomas, Springfield, Ill., 1932, pp. XII + 181, 108 illus.) A technical book on posture. The chapter headings are: Evolutionary Influences; Environmental Influences; Normal Posture; Body Mechanics; Postural Examination; Posture in Physical Education; Corrective Exercises; Statistics.

Health — MUST ONE SLEEP ON A GIVEN NIGHT? Thruman B. Rice, (Food Facts, vol. 4, February 1937, no. 2, p. 3.) Sleep on a given night is not essential, says this author; the thing to do is not to worry about it. Anyway, most people sleep more than they think they do on a restless night. They should, therefore, forget any sleeping tablets or potions they may have on hand, and not use them.

United States Department of Agriculture
Extension Service
Washington, D. C.

No. 261 April 21, 1937.

TO HOME ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Food and Nutrition — SPRAY RESIDUE ON FOODS. (Jour. Amer. Med. Assoc., vol. 108, April 3, 1937, no. 14, p. 1178.) An editorial relating to lead and other metallic spray residues on foods. In one test reported in one State, occasional lots of apples showed amounts of lead in excess of the standard set by the council on foods of the American Medical Association. It advocates the use of 1 percent hydrochloric acid rinse procedure outlined by the United States Department of Agriculture.

Food and Nutrition — FOOD IN RELATION TO THE EYES. Park Lewis. (Jour. of Nursing, vol. 37, January 1937, no. 1, pp. 43-49.) This article decribes vitamin A as a preventive to night blindness, and the value of vitamin G in preventing some other troubles, and suggests that still other eye changes may be due to a form of avitaminosis not yet clearly understood.

Food and Nutrition — FEEDING OUR CHILDREN. Frank Howard Richardson. (New York, Thos. Y. Crowell Co., 1937, pp. 159.) This book considers the planning of meals for children of various ages. Its parts are: Principles of nutrition, and applying these principles to different age levels. The age levels include the infant, and the college-age youth, and persons between those ages. Problems of feeding are also considered.

Food and Nutrition — BANANAS, RECIPES, AND MENU SUGGESTIONS. (New York, Fruit Dispatch Co., Home Economics Dept., paper, illus. 16.) A set of recipe cards (4 in. by 6 in.) designed to fit into a filing system. They are accompanied by two booklets.

Food and Nutrition — THE COUNTRY KITCHEN. Della T. Lutes. (Boston, Little Brown & Co., 1936, pp. 264.) A family history in which are described its customs of doing household tasks. Recipes are interspersed through the text.

Education BIBLIOGRAPHY OF RESEARCH STUDIES IN EDUCATION. Ruth A. Gray. (1936. Bull. no. 5, Washington, D. C. U. S. Office of Education. pp. XV - 287.) This bulletin is a compilation of titles of masters' theses, some of which are:

A comparison of the teacher demonstration with the individual method of teaching physics in high school. R. G. Walrath. Master's, 1935. Western State College.

A comparison of the demonstration and the laboratory method of teaching meal planning and serving. Katharine Comley, Master's, 1935. Minnesota. (Describes an experiment carried on in two classes of eighth-grade girls paired as to age, IQ, scores on an objective pretest, and in having had a foods course in the seventh grade, to compare the value of the demonstration and the laboratory method of teaching meal planning and serving. Finds that the group taught by the demonstration method made a significantly higher score on a test covering information and applications than did the group taught by the laboratory method.)

A comparison of certain practices of homemakers with and without high-school home-economics work. Mary Grace Gardner. Master's 1935. Iowa State College. (Finds slight differences in the clothing practices of the two groups, but that the home-economics group tended to be more aware of clothing problems, to use more reliable guides in selection of clothing, and to do more independent work in solving clothing problems than did the non home-economics group.)

A study of the effectiveness of home projects in clothing care in second-year home economics. Reba Mae Lewis. Master's, 1935. Colorado Agricultural College. (Describes experiments conducted with a group of home-economics students in the high school, Seymour, Tex., and with a group of home-economics students in the North Side Senior High School, Fort Worth, Tex., to determine whether organized and supervised home projects in care of clothing cause an increase in the amount, or an improvement in the quality, of home work done in clothing care by these second-year home-economics students. Shows that the home projects in clothing care, as used in this study, cause an increase in the amount and an improvement in quality of work done by the girls, and that the increase and improvement tend to become a permanent part of the habits of the girl.)

Social PLAY STREETS AND THEIR USE FOR RECREATION PROGRAMS. Edward V. Norton. (New York, A. S. Barnes & Co., 1937. pp. 77, paper.) This book describes various recreational activities, athletics, handicraft, clubs, dramatics, trips, hikes, and like spheres.

Personal HOW TO DEVELOP YOUR PERSONALITY. Sadie Myers Shellow. (New York, Harper & Bros. 1932. pp. XVI - 308.) This book on personality says among other things that the quest for shapeliness may so absorb one's interests that other personality factors suffer, facial expression can be misleading as an index to character, and clothing is a means of expressing personality. The chapter headings are: What is personality? How is personality judged? Building up a personality; Habit formation; What happens inside the nervous system? Breaking a habit; Appearance; Expression; Verbal expression; How we talk; Intelligence, What is it?; Intelligence, ability to learn; Intelligence, improving our methods of thought; Education and intelligence; Intelligence tests; Emotions; Emotions, inner drives; Interests as a guide to vocations; Social adaptation.

Personal WHAT IS PERSONALITY? P. F. Valentine. (Scientific American, vol. 156, April 1937, no. 4, pp. 238-239.) Personality as an abstract idea is thought of by most people as something akin to the soul. The behavior of a person is a definite thing sometimes spoken of as personality. It is this that can be studied and defined, says the author. We have a synthesis of this latter kind of personality which causes the impact of one individual on another. This author's definition of personality is the "unity produced by parts existing together in functional relationships."

Personal TRY LOVING. William Moulton Marston. (Goodhousekeeping, vol. 104, April 1937, no. 4, pp. 24-25, 237-243.) "If you want to get the most out of life or put the most into it: Love works both ways." Love gives a stimulus to work, a respect for oneself; it gives a meaning to life and helps to draw out one's talents; it preserves health, and it is the love we give that helps most which is the thesis of this author, He also considers love one of the most flexible of emotions.

Personal THE FAMILY. Joseph Kirk Folsom. (New York, John Wiley & Sons, Inc., 1934, pp. XIII - 604.) The preface says that this book aims to integrate the various scientific approaches to the study of family phenomena. The chapter headings are: The family pattern; Basic definitions - cultural and structural; Love and personality formation; Love and social interaction; Universal patterns; The pre-history and ethnology of the family; The family in historical and contemporary civilizations; The family in modern social change; Social effects of biological and psychological discovery - modern individualism; The problem of controlling reproduction; The economics of children and the home; Marriage and mate-finding; Divorce; The love mores; Family disorganization and personality; Marital roles, frustrations, and interaction; The parent-child relation; Education and individual treatment; and The future of the family system.

Child PLAYTHINGS CAN BE SIMPLE. Helen M. Reynolds. (The National Parent-Teacher Magazine, vol. 31, December 1936, no. 4, pp. 8-9, 32-33.) This article describes the kinds of simple playthings that interest children of different ages from 2 to 5 years.

Child PARENTS' QUESTIONS. The Child Study Association of America. (New York, Harper & Bros. 1936, pp. XIV - 312.) This book is designed to aid parents in learning through discussion of actual and immediate questions that beset them. Such discussion, the authors believe, also gives outlet for emotional release by just "talking out" anxieties, and for emotional development through learning that other parents are meeting and solving child-development problems. The chapter titles are: Habits and training; Discipline and authority; Healthy attitudes toward health; Heredity and training; The child's emotions; Sex in childhood; Character and spiritual growth; School and home; The child and the outside world; Parents as a people.

Child THE HEALTHY CHILD. Henry L. K. Shaw. (New York, Funk & Wagnalls Co, 1937, pp. 108.) One of a series of books put out by the National Health Council. The chapter headings are: Rights of the little toddler; Normal growth and development; Health and hygiene; Play and exercise; Periodic health examinations; Health and training in character; The nervous child; Prevention of sickness; and Foods and feedings.

Child A GUIDE TO CURRICULUM ADJUSTMENT FOR MENTALLY RETARDED CHILDREN. Florence N. Beaman and others. (Washington, D. C., U. S. Office of Education, 1936, Bull. no. 11, pp. VI - 133, illus.) The contents of this bulletin are: "Who are mentally retarded children?; Philosophy and objectives; Differentiation of curriculum according to age and ability levels; Experience as a basis for curriculum construction; Physical and mental health; Social experiences; Academic experiences; Experiences in science; Experiences in art; Manual and prevocational experiences; Special problems of the residential school; The State in relation to the curriculum." It says, ". . . that in the realm of symbols they can, as a group, learn about as much as their "mental age" may indicate, in terms of what average children of that age accomplish. . . . . Their feelings are much more like those of ordinary persons, apparently, than their intellectual abilities are. They hunger and thirst just as others do; are made glad or sad, as their desires are gratified or not; are capable of affection, discouragement, and all the other emotional experiences common to man."

United States Department of Agriculture
Extension Service
Washington, D. C.

No. 262 April 28, 1937.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home economics literature that may be of interest to you.

Sincerely,

Edith Allen

Edith Allen,
Junior Scientist.

Health — DIGESTION AND HEALTH. Walter B. Cannon. (New York. W. W. Norton, Inc. 1936, pp. IX+160, illus, 14.) The contents of this book are: The nature of appetite and hunger; The nature of thirst; Digestion and bodily vigor; Indigestion from pain, worry, and excitement; Epilogue.

Health — HOW TO SLEEP AND REST BETTER. Donald Anderson Laird. (New York. Funk and Wagnalls Co., 1937, pp. 83, illus. 19.) One of a series of small books put out by the National Health Council. The chapter headings are: How much sleep should you get?; Relaxation and calming down; Beds and a room that help sleep; Eating and sleeping; Habits for sound sleep. The author says that most Americans' sleep habits and conditions fall short of what is essential in producing restoration from sleep. Poor habits formed in childhood are one cause of sleep of poor quality in adulthood. He recommends getting to bed early enough, with a clear conscience to calm emotions, on a good buoyant bed free from lumps and sags, in a dark, quiet room, and to relax. Such procedure should cause a person to awaken spontaneously in the morning, refreshed. The conclusions drawn are based largely on studies of sleep.

Health — THE VISITING NURSE. Beulah France. (The Rural New-Yorker, Vol. 96, Mar. 13, 1937, no. 5394, p. 239.) A short article which stresses the disadvantages of ill-fitting, uncomfortable shoes, such as poor posture, and the development of lines in the face caused from pain.

Health — EXERCISE AND HEALTH. Jesse Feiring Williams. (New York. Funk & Wagnalls Co., 1937, pp. 70.) One of the National Health Council's health series of books. The chapter headings are: What is health?; Relation of physical activity to health; Further implications of activity; Types of activities; Natural activities; Exercises for physical illiterates; Special exercises for special purposes; The hygiene of exercise; Exercise cults and fads; The way out.

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Clothing and Textiles

ELASTICITY - THE NEW DEVELOPMENT IN SHOES. (Women's Wear Daily. Vol. 54, April 2, 1937, no. 64, p. 8.) This brief item discusses the introduction of elastic materials into shoes, so as to improve their fit. The trend away from fastenings and toward higher cut are factors forcing this change. The elastic is being used in the leather as well as a separate material.

Clothing and Textiles

TROUBLE WITH "HARD TWIST" RUGS. (The National Cleaner and Dyer. Vol. 28, January 1937, no. 1, p. 106.) This is a brief discussion of the problems involved in the care and use of so-called hard-twist yarn rugs. In rugs of this type the crepe effect disappears wherever they are touched by water; and the rug surface changes its appearance entirely, even when not rubbed or agitated, and even when only water is used. Manufacturers say they have made this type of rug to meet a demand for a plain, solid-color rug which will not show footprints; however, it has made much difficulty for cleaners, who call attention to the fact that a glass of liquid or water spilled on it will change the effect. Also, this will probably happen if a person walks on the rug with wet feet.

Clothing and Textiles

ANSWERS TO 1,001 QUESTIONS. Roy Denney. (New York. Nat'l. Cleaner and Dyer Pub. Corp. 1935, pp. 253.) The title designates a large but indefinite number of questions about cleaning, spotting, and finishing textiles. It is designated for aid to the professional cleaner and dyer. The sections of this book are entitled: Dry cleaning, Spotting and prespotting; Stain removing; Wet cleaning and bleaching; Felt hats; Panama hats; Leather cleaning, Kid-glove cleaning; Rug cleaning; and Miscellaneous. This last includes cleaning such things as gold braid, and feathers. Many of the methods suggested may be employed by the housewife.

Clothing and Textiles

GLASS TEXTILES - MAIN APPLICATION IS MECHANICAL USE. (Textile Bulletin. Vol. 52, April 1, 1937, no. 5, p. 99.) A brief item which says that glass textile fabrics are being used mainly for filtering and electric insulation; some may be colored and used for hotel tapestries and theatre curtains because of their long life and fire-resistant properties. Such fabrics may be used in tablecloths. Glass fabrics may cause irritation to hands if fibers of a diameter of .0005-inch or over are present and prick the skin because of their stiffness. Manufacturers are striving to overcome this difficulty by elimination of these occasional coarse fibers in such fabrics.

Nat. ~~Hat.~~ Nat.

Housing — LOW-COST HOUSING. (Federal Housing Administration. Circ. no. 3, U. S. Gov't Printing Office, Washington, D. C. 1937. Pp. 33.) This bulletin explains in part how the Federal Housing Administration finances low-cost houses.

Housing — MORE HOUSE FOR YOUR MONEY. Elizabeth Gordon and Dorothy Ducas. (New York. William Morrow. 1937. Pp. XVI+324, illus.) The authors have been newspaper writers and one of them has worked with manufacturers of building materials and with land developers. Some of the chapter titles are: How to buy land; How to get plans; How to finance; What materials to use; and Putting in the plumbing.

Housing — FARM HOUSES THAT FARM FAMILIES WANT. Ruby M. Loper. (Agricultural Engineering. Vol. 18, March 1937, no. 3. Pp. 122-123.) To be prepared for a period of building in Nebraska, the author, ~~who is~~ assistant extension agricultural engineer, says, questionnaires were sent out to learn what farm women really want in their homes. So far as compiled, the answers show that wood construction was the favorite, with brick next. The desire for basements depended on the height of the water table. Where basements were practical, furnaces were wanted of sufficient size to permit the use of wood for fuel. The desire for running water was almost universal. Screened rear porches for summer eating, reading, and resting were also indicated in most cases. Many wanted a farm office, and kitchen cupboards not closed. The older people desired separate dining and living rooms, and the younger ones chose the combined room.

Housing — SOME FUNDAMENTALS FOR HOMES THAT WILL ENDURE. (Amer. Lumberman. Whole no. 3087, Nov. 21, 1936, p. 22.) The fundamentals for homes that will endure cited in this brief statement are: "First, that the structural features of the house be unquestionably sound. . .the foundation shall be properly built, the walls shall be sturdy and weatherproofed, the roof shall be one that will not leak, and the structure shall be worthy of having added to it, 10 or 15 years from the time it was built, those luxuries which the purchaser cannot afford at first. . . . Second, that proper consideration be given to the livability of the interior; that the house be designed for the location, that it be properly oriented, and its exterior be a true architectural style. The most important things in the buyer's mind, from a construction standpoint, are the plaster, heating, plumbing, and floors. 'Almost every woman in buying a house considers the size and the furniture space of the living room, the modern features of the bathroom, and, before all else, the kitchen. These things add to the cost of the house, and are not required as features of construction, which necessarily make the house last, but must be considered by the ~~builder~~ who expects to find a ready market and satisfied purchasers.'"

Management

MARKETING POULTRY PRODUCTS. Earl W. Benjamin and Howard C. Pierce. (New York. John Wiley & Sons. 1937. Revised. Pp. XI+401, illus. 212.) The chapters of this comprehensive book that may be of particular interest to homemakers are those on Retailing eggs and poultry, Advertising, and Food use of eggs and poultry.

Management

CONSUMERS' COOPERATIVE ADVENTURES. Harlan J. Randall and Clay J. Daggett. (Whitewater, Wis., The Whitewater Press. 1936, pp. 661.) A textbook in which case studies of consumers' cooperative adventures are presented. The parts of the book are: Cooperatives in Great Britain; Cooperative retail stores in the United States; Cooperative retail oil companies; Cooperative wholesale oil companies; Cooperative educational organizations; Cooperative small loan companies (Credit unions); Cooperatives in other fields.

Management

EVERYWOMAN'S COMPLETE GUIDE TO HOMEMAKING. Florence Laganke Harris. (Boston, Little, Brown & Co. Pp. XI+439, with diagrams.) This is a handbook of information for housewives. The chapter headings are: Introduction; Division of homemaker's activities; Food and nutrition; Meal planning; Meal preparation; Household management; House and home; Children and health; Clothing and beauty; Social amenities; Household expenses; Leisure-time activities.

Management

DENMARK, THE COOPERATIVE WAY. Frederick C. Howe. (New York. Coward-McCann, Inc. 1936, pp. XVI+277.) The history of Denmark that made the cooperative movement there desirable is outlined. It then describes in detail the various commodity cooperatives, such as, egg, meat-packing, ~~and the like,~~ and the results of these activities.

Management

FLIGHT FROM THE CITY. AN EXPERIMENT IN CREATIVE LIVING ON THE LAND. Ralph Borsodi. (New York. Harper & Bros. 1933, pp. XXII+194.) This author is much interested in home production of as many commodities as possible from the standpoint of a self-sufficient scheme of living. The following subjects are discussed: Flight from the city; Domestic production; Food; pure food and fresh food; The loom and the sewing-machine; Shelter; Security versus insecurity; Independence versus dependence.

UNITED STATES DEPARTMENT OF AGRICULTURE
EXTENSION SERVICE
Washington, D. C.

No. 263 May 5, 1937.

TO HOME ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Extension

ADULT EDUCATION. Lyman Bryson. (Amer. Book Co. New York. 1936, pp. V + 208.) The author says continuation of work in a school system, such as working for a higher degree, is not adult education, regardless of the age of the individual - it is an extension of school work. Adult education is defined as continuing to get education on one's own initiative so as to have more equipment for one's work. All adult education is therefore voluntary and self-directed and sought after because of self-determined needs. He says, "All forms of adult education should be in some sense educational." And of extension work, "In spite of the millions of dollars which have been appropriated for this purpose, amounting in 1935 to $26,000,000, agricultural extension is richer in human support than in money. The ingenuity and vision of its leaders, both lay and professional, are more admirable than the extent of the program. . . . It is no exaggeration to say that another 20 years of active agricultural extension in America will make as profound a difference in the quality of rural life as did the work of Bishop Grundtvig through the folk schools of Denmark in the nineteenth century."

Extension

THE VOYAGE CONTINUES. "Elder Partner" (Mrs. Alfred Watt). (The Countrywoman. Vol. 4. April 1937, no. 38, p. 10.) "The U. S. A. home demonstration work here is noted (in Hawaii). There are fifteen hundred club members from many races and a dozen or so in each club. No distinction is made in Hawaii between races; Japanese, Hawaiian Islanders of different sorts, Americans, Filipinos, Chinese, English, Irish, Scotch, Australian, all are the same not only in the eyes of God and the law but educationally, socially, and in every way possible. The aim is to teach not only better homemaking but the wider welding of racial cultures, which makes for good will and cooperation among the peoples of the islands. The Hawaiian tradition and culture are respected. I heard a speaker say 'Culture cannot be a beauty spot made by privilege. It is not the crumbs from the rich man's table allowed to the poor, or the different. It should spring from the heart of humanity' - and that is the way of Hawaii. The clubs are on plantations, and the privileges

of office are highly esteemed. Baby welfare and camps for recreation are organized. The mind swirls at the thought of teaching proper diet and food values to members who each have a different sort of food."

Food and Nutrition — BREAD: HOW MUCH IS ENOUGH? Walter H. Eddy. (Northwestern Miller and Amer. Baker. Vol. 14, April 7, 1937, no. 4, pp. 37 and 46; tables.) An article with six tables and two calculations of diets, which show dietary needs, consumption of food, distribution of nutrient essentials in bread and comparative foods, food combinations claimed to be cheap, and how to supplement white bread which is a good source of calories with other foods carrying dietary essentials. The author says bakers and millers should include these essential supplements in their advertising.

Food and Nutrition — HUMAN MILK: ITS LYSOZYME CONTENT AND BACTERIAL COUNT. Maurice L. Blatt and Helen Kessler. (Amer. Jour. Diseases of Children. Vol. 53, March 1937, no. 3, pp. 768-784.) This article says it is a truism that human milk is invaluable in the reduction of mortality of infants, especially of premature infants. "Hence it would appear, according to the facts presented in this study, that raw milk with a bacterial count of less than 10,000 per cubic centimeter which has been obtained under aseptic precautions from women free from tuberculosis, syphilis, and acute infections, and having normal breasts, may be pooled, kept in a refrigerator from 24 to 72 hours and safely fed to premature or young infants."

Food and Nutrition — STUDIES ON THE STORAGE OF WHEATEN FLOUR: THE INFLUENCE OF STORAGE ON THE CHEMICAL COMPOSITION AND BAKING QUALITY OF FLOUR. E. A. Fisher, P. Halton, and R. H. Carter. (Cereal Chemistry. Vol. 14, March 1937, no. 2, pp. 135-160; illus. and diagrams.) A report of progress in the study of the effects of storage on flours. So far it has been determined that different kinds of flour differ in the results obtained from storage and that there are stages of improvement alternating with stages of deterioration. Flour that has so deteriorated as to fail to produce the best bread has an improving effect on the too new flour when mixed with it.

Food and Nutrition — NUTRITION OF CHILDREN ON A VEGETABLE DIET. Dorothy Engelhard Lane. (Amer. Jour. Diseases of Children. Vol. 52, December 1936, no. 6, pp. 1397-1414, charts.) This is the third part of a report of scientific studies comparing the nutrition of children and animals on a mixed diet containing animal and vegetable foods, on a vegetable diet, and on a diet containing increased amounts of vegetables. The summary and conclusions state in part: "A vegetable diet, planned to contain all the requirements of a scientific diet in the light of modern nutrition, has continued to give complete satisfaction in the growth of twins, including stature and normal development in all its phases. . . . The reports of cases appear to prove that the human organism can indefinitely utilize to advantage a generous daily quantity of the almond." Almond-lac was used in many of the tests. . . . The study indicates that it is less difficult to plan a satisfactory mixed diet.

Social

FREEDOM AND SOCIAL PLANNING. Hans Speir. (Amer. Jour. of Sociology. Vol. 42, January 1937, no. 4, pp. 463-483.) The abstract of this article says, ". . . Liberal society did not, with the abolition of aristocratic privilege and the destruction of aristocratic honor, create social equality. It rather promoted a social stratification controlled by the laws of economic life; contemporary capitalistic societies still live with this heritage. The one who is economically the most successful tends to become socially recognized as most distinguished. Inequality of wealth and income tends to coincide with social inequality, and pecuniary differences furnish the criteria of social rank. The primary principle of social evaluation is economic in character, and other evaluations play only a qualifying, subordinate role."

Social

CONTROL IN HUMAN SOCIETIES. Jerome Dowd. (D. Appleton-Century Co. New York, 1936, pp. XVII + 475.) This book is a discussion of controlling influences determining the evaluation of human societies. The first part of the book takes up origin, functions, and history of control in human society. Part two, the history of control. Part three considers the problems of control. Part four, the principles of control applied to the present chaos in the western world. Some of the chapters are entitled: Increasing social control of play and recreation; Social control in education; Control in industry; Control of marriage and the family; Criteria for determining whether a civilization is advancing or declining; Influences which bring about the decline and fall of human cultures; Value of social organizations; The part played by nature in preventing social chaos.

Social

SOCIAL PROBLEMS AND THE MORES. Willard Waller. (Amer. Sociological Review. Vol. 1, December 1936, no. 6, pp. 922-923.) This is an analysis of the moral blockings which prevent the social workers and sociologists who study special problems from thinking incisively. They are torn between the humanitarian and practical points of view and also by organizational mores. The author believes that the social scientist must completely eschew all moral judgments.

Social

IF I HAVE FOUR APPLES. Josephine Lawrence. (Frederick A. Stokes Co., New York, 1935, pp. 314.) This is a story of a family's social and economic problems which are closely tied in with their IQ. It presents in a sympathetic manner the reasons for their inability to use a budget and keep accounts and the factors that a person in trying to aid such a family in solving the problems has to face.

Clothing and Textiles — SEWING AND SEAMING KNITWEAR. New developments and Machinery. J. B. Lancashire. (Textile Recorder. Vol. 44, October 6, 1936, no. 643, pp. 110-111, illus.)
A discussion of different methods of seaming knitwear, including hosiery, bathing suits, and underwear. These seams are also illustrated.

Clothing and Textiles — SOAP - A DISCUSSION OF THE PROPERTIES OF GOOD DRY-CLEANING SOAP. Cliff Ritter. (Nat. Cleaner and Dyer. Vol. 28, March 1937, no. 3, pp. 76, and 97-99.)
This article explains the properties needed in a good dry-cleaning soap and what it is expected to do, such as to add to the detergency medium, protection of the dry-cleaning system, and further the reclamation of the dry-cleaning solvent. It says such soaps have been manufactured for more than 40 years, but they are still short of perfection.

Clothing and Textiles — CLASSIFICATION OF SHEETS AS AN AID TO CONSUMER BUYING. Margaret B. Hayes. (Rayon Textile Monthly. Vol. 18, March 1937, no. 3, pp. 71-72.) As a result of the research described in this article, a proposal has been made that sheets be classified into five groups, each defined by minimum specifications to help the consumer in her purchasing.

Clothing and Textiles — TEXTILE COLOR TERMS - SPECIFICATIONS AND PROBLEMS. (Amer. Dyestuff Reporter. Vol. 26, February 22, 1937, no. 4, pp. P105-P107.) This article outlines a survey of textile color terms in use and the specifications for colors, etc. The purpose of the survey is to stimulate interest and promote a better understanding of these terms and specifications. A long list of terms and of specifications with their definitions are given, such as, "Brightness (spectral purity) usually relative to some other similar color with which it is being compared."

Clothing and Textiles — IF YOU CAN ONLY SEW. J. Lucia James. (Vogue. Vol. 89, February 15, 1937. Whole no. 1550, pp. 106-108.) An article which advocates learning how to sew well. It stresses both the satisfaction and economy that can be gained from this art. It also says that the only way you can become a distinguished dresser, is through doing your own sewing, unless you can afford expensive clothes and . . . "It takes years of association with a dressmaker, no matter how haute couture, for her to know that a flat, round collar, becoming to most women, completely blasts your personality and puts you together again as a Buster Brown boy; that only a narrow turned-over collar, fitting your neck snugly, or tailored lapels with a sleek, but softening sort of vest, intensifies the expression of your feminine but sophisticated soul."

Beale

MAY 18 1937

United States Department of Agriculture
Extension Service
Washington, D. C.

No. 264

May 12, 1937.

TO HOME ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Clothing and Textiles — PROGRESS IN FINISHING KNITTED FABRICS. Remarkable developments in the past 3 years. (Textile Recorder. Vol. 44, October 6, 1936, no. 643, pp. 117-119.) This article tells how knitted wear such as hosiery is now being given greater softness of handle, a controlled degree of luster, and a general appearance of excellent quality.

Clothing and Textiles — FINDING FRESH FIELDS TO CONQUER. Knitted fabric development during the past three years. William Davis. (Textile Recorder. Vol. 44, October 6, 1936, no. 643, pp. 108-109 and 114, illus.) A description of the newer types of knitted fabrics developed during the past 3 years. Details of the construction of each are given. Those specially mentioned are crinkled fabrics, knop and boucle effects, eyelet stitch made on circular machine.

Clothing and Textiles — A. S. T. M. STANDARDS ON TEXTILE MATERIALS. (Amer. Soc. for Testing Materials, Philadelphia, Pa., October 1936, Abstracted in Textile Research. Vol. 7, April 1937, no. 6, p. 263.) "This 1936 edition, prepared by Committee D-13 on Textile Materials, brings the work of this committee up to date, and contains in addition to all A. S. T. M. textile standards a proposed potassium dichromate oxidation method for the determination of total iron in asbestos textiles, a psychrometric table for relative humidity which combines both accuracy and convenience to an exceptional degree, a section comprising many excellent photomicrographs of common textile fibers, and a convenient yarn number conversion table. Also included are proposed methods covering the testing of wool felt and correction of breaking strength to standard regain. It also contains for the first time new methods of testing applying to pile floor covering; fineness of wool; corded gray goods; yarn slippage in silk, rayon, and silk-rayon; woven broad goods; and fastness to laundering or domestic washing of dyed or printed cotton fabrics and printed silk or rayon fabrics."

Child FAILURES IN UPBRINGING. Hans Zullinger. (Ztschr. f. Psychoanalyt. padagog. 9:81 (Feb) 1935. Abstracted in Amer. Jour. Diseases of Children. Vol. 52, December 1936, no. 6, p. 1484.) "The difficulties of bringing up children in these days are increasing. Children are found mostly in small families, without brothers and sisters, and without relatives in the home and the servants who were formerly customary. Unsuitable teachers take the place of parents and enjoy a closer contact, with few compensations. This is true because modern conditions of employment due to technological development, engross the father of the family, and throw on the mother most of the training of the family. The solidarity of the household, which once was effective in the home, is now centered on the intellectual life and science of education. The home feeling is being steadily lost in children of the upper classes and with it the sense of tranquillity, safety, shelter, and security. The kinship to nature is no longer direct. The happiest play in the sandpile, or with models, is only a wretched substitute for domestic dirt and sport with earth, water, and fire. To return is impossible. A step forward in preventing worse failures in education is now the goal of analytic pedagogy. Vinton, New York."

Child SIGNIFICANCE OF FAIRY TALES IN THE SOUL LIFE OF A CHILD. A psychoanalytic Study. Alice Balint. (Ztschr. f. Psychoanalyt. padagog. 9:113 (Feb) 1935. Abstracted in Amer. Jour. Diseases of Children. Vol. 52, December 1936, no. 6, p. 1485.) "Fairy tales excite children and accordingly give them pleasure. All tales, perhaps, cause excitation, but it is well to beware of imaginative tales and terrifying literature filled with obviously moral instruction. True stories and animal stories, on the other hand, have a direct influence for good or evil. They are especially calculated to arouse in the child free exercise of fancy, which is a necessary help in meeting energetically his own social difficulties. Fairy tales belong to the class of narratives which do not appeal to the child as worthy of credence. And, therefore, paradoxically, they approach very close to the truth. Adults should aid children in resisting the lure of fairy tales, in destroying their influence on honesty and sincerity, and in acquiring a repugnance for the evil things of life and for sorcery in particular. Vinton, New York."

Child THE CHILD. Florence Brown Sherbon. (McGraw-Hill Book Co., Inc. New York, 1934, pp. XIX + 707.) The foreword of this book says it "endeavors to present the whole child, from his earliest origins until we lead him to the schoolroom door." The parts of the book are, Before the Child, which discusses physical and social heredity, evolution and anatomy of reproduction, love, courtship, and marriage, hygiene, and preparation for the birth of the child; Enter - the Child, which discusses the birth of the child, the care of the mother, and problems of the child's first year; Development, Behavior, and Training of the Child, from birth to 5 years of age.

Equipment MODERN PLUMBING PRACTICE. Part II. Water and Water Distribution Systems. Roger Wade Sherman. (Amer. Architect and Architecture. Vol. 149, July 1936, no. 2647, pp. 81-89 and 98, illus.) The first part of this article dealt with drainage systems, and was published in the June issue. This part tells how architects should plan equipment for conditioning the water supply, or else select mechanical equipment adjusted to insure economical and efficient operation of the plumbing throughout the life of the structure. Characteristics of water, water analyses, types of water, water conditioning, corrosion of pipe materials, cold and hot-water distribution systems are discussed. A map shows hard- and soft-water areas of the United States.

Equipment DID YOU SLEEP WELL LAST NIGHT? Maurine Shaw. (Better Homes and Gardens. Vol. 15, January 1937, no. 5, pp. 22-23 and 62, 65.) An article about bedsteads, mattresses and bedcovers, and how to use and care for them.

Equipment MECHANICAL EQUIPMENT FOR THE HOME. (U. S. Fed. Housing Admin., Washington D. C. Tech. Bull. no. 6, pp. 30.) The parts of this bulletin are entitled: Utilities; Heating, air conditioning; Plumbing; Electric wiring; and Kitchen equipment. A brief statement is made about each device.

Equipment BRING 'EM BACK TO LIFE. Harry Irving Shumway. (Amer. Cookery. Vol. 41, April 1937, no. 9, pp. 523-530, illus. 9.) This article cites examples of how old pieces of furniture and household equipment have been restored for present-day use. It particularly emphasizes the cleaning of the articles, and tells how this can be done.

Equipment SLIP COVER MAGIC. Rowena Leach and Margaretta Stevenson. (House and Garden. Vol. 71, April 1937, no. 4, pp. 55 and 96, illus.) A general article explaining how to improve furniture and to get various effects through the use of slip covers. It explains how they may be constructed to take the place of the permanent tacked-on cover. It stresses the importance of making the cover fit, and discusses the different fabrics suitable for covers.

Miscellaneous

PUBLIC SPEAKING FOR EVERYBODY. Charles W. Mears. (Harper & Bros. New York. 1931, pp. XV + 194.) This author says that speakers are most surely successful who like people, are sincere; speak with authority, that is, have a genuine message; fit the message to the audience; and enjoy public speaking. He develops his subject through chapters on, Five ways to win: Consider the audience, Tools for the speaker's use; Words at work; What is interesting?; Facing the audience; Building the speech; Voice; Power and resonance; Shall I read my speech?; Meet first-class minds; New ideas; Imagination; The meeting and the chairman; References.

Personal

PERSONALITY. Its Study and Hygiene. Winifred V. Richmond. (Farrar and Rinehart Inc., New York. 1937, pp. XV + 279.) This book presents the opinion of many schools of thought regarding intelligence, emotions, energy, and orientation, maladjustments, and the like. The author says among other things that "one cannot help but wonder if many of our social problems are not largely dependent upon the great number of emotionally underdeveloped adults in our midst." A technical book.

Personal

TIME TO LIVE. Gove Hambidge. (Whittlesey House, McGraw-Hill Book Co., New York. 1933, pp. XI + 144.) A book presenting a philosophy for getting the most out of life. Why Time To Live, which suggests a time budget; Time Fundamentals, which tells how to build an environment; Time for Simplicity, which advocates a garden and walking; Time and Body, calling attention to the exhilaration that may be had from sports; Time and Mind, which presents the value of books and leisure; Time and the Heart, which urges fellowship with other people and one's family. The last chapter is, Time the Tyrant, which sums up the other chapters and names the raw materials for living, which include among others, fellowships, work that expresses an inward urge, building of a home, the shaping of things with our hands; rhythmic physical activity, conservation.

Personal

MORE ON GETTING ALONG WITH PEOPLE. (Amer. Dyestuff Reporter. Vol. 26, February 8, 1937, no. 3, pp. 79-80.) The last of a series of six editorials on getting along with people in the business world. This last one is on giving and getting credit for work done which says in part: "One who basks in borrowed glory may feel quite well satisfied with himself, but he doesn't fool as many other people as he may suppose." . . . "People will work hardest on their own ideas and be the most interested in them," . . . a hint to cause someone else to get an idea will often get him to do the thing you want done. Giving due credit makes better feeling all around. It is unwise to claim too much credit "in the presence of a superior who may be of the credit-grabbing type."

United States Department of Agriculture
Extension Service
Washington, D. C.

No. 265 May 19, 1937.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Child HUMAN MILK FOR HUMAN BABIES. Olive B. Cordua, (Arch. Pediat. 52:845 (Dec.), 1935. Abstracted in Amer. Jour. Diseases of Children, Vol. 52. December 1936. No. 6, p. 1447.) "The records of two hundred and fifty infants born in hospitals at San Diego, Calif., are reviewed. The writer regrets to find that 81 percent of these babies received artificial milk in addition to mother's milk before they left the hospital. Statistics are cited to support the author's opinion that artificial milk cannot replace breast milk without a deleterious effect on the growth and health of the new-born infant. It is felt that the time has come to turn to economic, scientific, and sociological means of group activity in order to salvage for the infant that to which he has an inalienable right - mother's milk.

Child SCIENCE CONTRIBUTES. Child Posture. Milton I. Levine. (Child Study. Vol. 14. February 1937. no. 5, pp. 150-151.) The author points out the relation between posture and emotional estate, mentioning that when happy, alert, and interested a child usually has good muscle tone and fine body carriage, and when emotionally upset he exhibits a poor posture and poor muscle tone.

Child THE CHILD'S EMOTIONAL LIFE. Francis Bruce Strain. (Parents' Magazine. Vol. 9. December 1936. No. 12, pp. 16-17, and 50-51.) This article explains the part that physical contacts play in a child's emotional development. It stresses the importance to the child of being loved by its father, mother, and friends. It says also that an oversupply of affection is also an easy entrance into an unadjusted state. A baby is a petter - he loves through the reaction of personal contact. If a parent wishes to gain a child's affection he need only render services like bathing, feeding, and dressing him.

Personal

INCREASING PERSONAL EFFICIENCY. Donald A. Laird. (Harper & Bros. New York. 1936. Revised and Enlarged edition, XII + 294.) In this third revision of this book six new chapters have been added. These stress the personal applications of psychology for the betterment of living conditions in our homes. Some of the chapter headings are: Achieving personality; Two dozen ways to keep sane; The battle with fatigue; Less fatigue from better posture; Guard yourself against noise; Sleep - Builder of health and genius; A home for effective living; Electrical psychology in the home; How to plan your house to save your eyes; The psychology of home heating; How to let the sunshine in; Quiet comfort in the home. It says among other things, people work best in attractive surroundings; the weather has important influences upon the amount of work one can do; at a temperature of 90°F. people make 60 percent more errors than on average days; and "Why is there a wall switch for the light in every room but the kitchen?" The author lists 100 ways to tell whether or not your home is a moron.

Personal

THE PSYCHOLOGY OF HUMAN BEHAVIOR. Joseph H. Griffiths. (Farrar and Rinehart, New York. 1935, pp. XXI + 515.) The parts of this book are: What psychology is; Psychology of perceiving and psychology of personality; Psychology of feeling and emotion; Psychology of thinking and imagining. Among other things it says: "The second point is that instruction which lays emphasis upon principles in such a way as to lead the learner to detect these principles in varying situations and in diverse materials is more likely to induce transfer than instruction which neglects this emphasis. . . . The brighter the learner, the more likely that transfer will occur. . . . The study of any subject can be justified only in terms of its own value as an element of culture or as a vocational asset. . . . A fifth point reflects the configurative view that transfer is more likely to happen in the case of those studies which appeal to the learner as relevant to his goal."

Personal

PLANNING YOUR LIFE. Mary Alden Hopkins. (Doubleday, Doran & Co. Garden City, New York. 1937, pp. 9 - 176.) This book is designed as a combination notebook and text for the lay reader. It includes chapters on: The impulse to live; A well-rounded life; Career; Twelve months' expense-account blanks; Health habits; Cultural interests; Possessions; Personality; Human relationships.

Social

THE SOCIAL FUNCTIONS OF EDUCATION. Robert M. Bear. (Macmillan Co. 1937, pp. XIII - 434.) The chapter headings of this book are: The environment of man and education; Human nature and personality; The nature and meaning of education; The school as a social institution; Relation of the school to the family; Education and recreational life; The school in an industrial society; Education and religion; The school's community; The community's school; Education and the citizen; Social progress, its meaning and possibility; The responsibility in change; Education and social change.

Social

ARE WE BREEDING WEAKLINGS? T. Swann Harding. (Amer. Jour. of Sociology. Vol. 47. March 1937. No. 5, pp. 672-680.) "The assumption that . . . modern civilization, with the help of hygiene, comfort, good food, soft living, hospitals, physicians, and nurses, has kept alive many human beings of poor quality . . . produces a race of weaklings because they inherit the bad qualities of their weak progenitors merits further examination. Since experts cannot agree upon a definition of heredity it is a little early to conclude that the human race is being bred either up or down the scale of perfection. The so-called 'science of eugenics' is, as yet, largely hypothetical. Biologists do not know enough to state positively that sanitation and hygiene, modern science and medicine, tend to produce a race of weaklings. Although it might be possible to establish a race invulnerable to disease, yet ill health and disease do not always argue poor physical stock per se. It is impossible to tell back stock merely by looking it over. Even the anti-eugenic effects of war and disease have been exaggerated. War does, in a sense, tend to kill off our finest men, yet it leaves the genes required to produce such men intact in the female, counteracting the disastrous effects of war upon inheritance."

Social

THE RURAL FAMILY. Dwight Sanderson. (Jour. Home Economics. Vol. 29. April 1937. No. 4, pp. 223-227.) This article analyzes the results of a number of studies of rural families, and compares them. Some questions raised are whether parent-child relationships of farm families are better than those of city families. It discusses how rural life is being urbanized and the effect on family life. He says in conclusion: "Nevertheless, so long as farming is conducted as a family enterprise and the life of the farm family is necessarily associated with the farm, and inasmuch as farm families will always be less mobile, will have more contacts with the kinship group, and will be more susceptible to the community mores, it is probable that the family as an institution will be strongest on farms and in rural communities. The changes in family life which are making for the better development of human personality are affecting the rural family as well as the city family, but this evolution will be slower in the country where family relationships will of necessity be adapted to the more elemental conditions of rural life."

Food and Nutrition — STRETCHING THE FOOD DOLLAR. No. 2. Edited by Burr Blackburn and Bernice Dodge, (Household Finance Corporation and Subsidiaries. 919 N. Michigan Ave., Chicago, Ill. 1936, p. 1, illus.) This bulletin says in the foreword, "we have tried to make safe food economy simple and easy and yet see that none of these vital considerations will be neglected. Every suggestion has come out of the laboratories of the scientists; we have interpreted their findings in terms of practical meal planning. You will not have to struggle with technical terms, vitamins, proteins, carbohydrates, and the like. But if you will follow these simple guides, you and your family may eat, drink, be merry, and economical." Daily meal patterns and a table of quantities are included in this publication.

Food and Nutrition — SOME MILK SUPERSTITIONS. J. H. Frandsen. (Jour. Home Economics. Vol. 29. April 1937. No. 4, pp. 242-243.) Some of the superstitions listed in this article that are cited as untrue are that sipping milk slowly makes it more easily digested; that milk should not be taken with meat; that milk is bulky for the amount of nutriment received; and that milk is constipating. It states that milk contains more solid material than "onions, beets, carrots, squash, pineapple, turnips, oysters, cabbage, radishes, cauliflower, spinach, watermelon, pumpkin, tomatoes, asparagus, celery, lettuce, and cucumbers."

Food and Nutrition — THE ENERGY REQUIREMENT OF CHILDREN. Elda Robb. (Medical Woman's Journal. Vol. 44. February 1937. No. 2, pp. 41-43.) This article says, quoting Hippocrates, that growing bodies require the most heat, and therefore require the most food. It also says that the last hundred calories in the diet may be the deciding factor in determining whether or not a child will gain, and that there must be a positive balance between intake and output if gain is to be accomplished. It says that children of the same age vary greatly in their calorie requirements, due mainly to their size and activity differences. The activity even varies in their sleep.

Food and Nutrition — BETTER BUYMANSHIP. No. 3. Fruits and Vegetables. Edited by Burr Blackburn and Bernice Dodge. (Household Finance Corporation. 919 N. Michigan Ave., Chicago, Ill. 1934.) This bulletin discusses: What are the buying rules for fruits and vegetables?; Are fresh fruits and vegetables graded to quality?; How may the quality of fruits be judged?; Are spraying, artificial ripening, and coloring dangerous?; How may quality of vegetables be judged?; Care of fresh fruits and vegetables; Canned fruits and vegetables; How many servings are in the can?; Frozen foods.

Beale

United States Department of Agriculture
Extension Service
Washington, D. C.

No. 266 May 26, 1937.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Clothing and Textiles — WHAT DO YOU KNOW ABOUT FURS? Series No. 58. (Women's Wear Daily, vol. 54, April 20, 1937, no. 76, pp. 22, 24 and 38.) A series of questions and answers about mole furs composes this article. These questions and answers relate to grades and colors. The article states that about 99 percent of moleskins have the same length hair; they can therefore be put together either sideways or head up, and the leather on the largest skins which come from Holland is as strong as on seal, but the hair is not so strong.

Clothing and Textiles — FIRST MODERN LIBRARY OF ART AND DRESS SEEN FOR NEW YORK. (Women's Wear Daily, vol. 54, April 16, 1937, no. 74, p. 2.) This item says that to illustrate the need of a center for a museum and laboratory library of the art of dress an exhibition of costumes selected from private collections, and representing the dress of many ages and many lands will be held in the French Building of the Rockefeller Center during the first week of May 1937. Plans for this project have been developing for more than 20 years. A committee will be appointed to develop the exhibition into a permanent institution.

Clothing and Textiles — TWISTS FOR CREPE HOSE. William T. Leggis. (Textile World, vol. 87, March 1937, no. 4, pp. 86-87, illus.) The author suggests that in order that crepe stockings may continue to hold the good will of consumers certain revisions be made in the minimum standards established by the hosiery association for such hose. The article explains the construction of crepe stockings and gives the present standards set and the changes proposed.

Social

PROBLEMS OF THE FAMILY. Willystine Goodsell. (D. Appleton-Century & Co., New York 1936, pp. X + 530.) This book traces the history of family organization from primitive times to the present, and then takes up social conditions affecting the family and the present and future relationships within it. The chapter headings of the last parts of the book are: The instability of the family; The impact of modern industry on the family; Wage-earning mothers; Public aid to mothers and dependent children; The system of family allowances; The marriage rate among college graduates; The problem of birth control; Eugenics and parenthood; Illegitimacy as a problem in child welfare; The question of divorce; Husband and wife relationships; Parents and their children; The family in the future.

Social

EDUCATION AND SOCIAL TRENDS. Raleigh Schorling and Howard Y. McClusky. (World Book Co., Yonkers-on-Hudson, New York 1936, pp. V + 154.) The headings of some of the chapters of this book are: The widening gap between our wants and our ability to satisfy them; The increasing concentration of economic control without a corresponding acceptance of social responsibility; The weakening of controls for the integration of the child's personality exercised by religion and the home; The increasing complexity and strain of modern life to which the individual must adjust; The growing conviction of the masses regarding desirability of education; The discovery of the public school by numerous pressure groups as an instrument for the control of the ideas of children. These authors say: "Not only new sources of conflict but the increased number of wants and wishes have made greater demands on the adjustment of the individual. The modern man has desires for clothes, food, travel, shelter, culture, education, etc., which his ancestors never experienced. The wish life of the individual is therefore bombarded with greater intensity and variety of stimuli than man has ever known. Another source of added strain on the modern man and woman is the growing number of mechanical and physical stimuli. Our machine age makes a great noise . . . . . the human organism pays a heavy tribute of energy to the great and ever-present tyrant of noise. Thus another level of vitality is drawn off from man's reserve of nervous energy. Modern society has done something to man's idea of himself which increases the strain of adjustment. The competitive struggle for security and prestige has intensified modern life."

Social

PREFACE TO PEASANTRY. A tale of Two Black Belt Counties. Arthur F. Raper. (Chapel Hill, Univ. of N. Carolina Press, 1936, pp. XIII + 423. illus.) Part II of this book which reports a study of two black belt counties, deals with "planes of living", including incomes and expenditures, housing, and householders: and Part VI, includes, among other matters, leisure-time and recreational activities.

Equipment SALVAGING FURNITURE. Florence Wright. (Capper's Farmer, vol. 48, March 1937, no. 3, pp. 45, 50, illus.) This article tells how to remove the old finish from furniture, and to repair and finish it.

Equipment "LUCITE." A NEW PLASTIC FOR THE LIGHTING INDUSTRY. (Lighting and Lamps, vol. 31, February 1937, no. 2, p. 22.) This article announces a new transparent plastic material suitable for lamps and other uses which is of interest because it may become common in homes.

Equipment UPHOLSTER THOSE WORN CHAIRS. (Farmer-Stockman, April 15, 1937, pp. 27, 34, with illus.) An article which gives detailed instructions for upholstering furniture. It advocates having enough material for deep seams and edge finishes, and the careful cleaning of old padding. It mentions automobile seats as a source of good hair, and describes the use of a tourniquet in gluing chair legs.

Housing COMPARATIVE ARCHITECTURAL DETAILS IN THE GREENBELT HOUSING. (Amer. Architect and Architecture, vol. 149, October 1936, no. 2650, pp. 21-36, numerous illus.) This article includes house plans of other housing projects as well as those of Greenbelt, such as, Green Hills near Cincinnati, Ohio, Greendale, near Milwaukee, Wis., and Greenbrook in New Jersey.

Housing PREFABRICATED WOOD HOUSE BUILT IN 2 DAYS. (Amer. Lumberman, Whole No. 3088, pp. 22-23, illus.) Description of the construction of this house is given, in considerable detail. The sizes of the rooms are multiples of 3 feet.

Housing PURDUE'S HOUSE OF WOOD. (Architectural Forum, vol. 66, January 1937, no. 1, pp. 74-75, with illus.) This article describes the house constructed by the National Lumber Company as a part of Purdue University's Housing Research Project. A construction cost summary of this house is given. The article reports the good and poor points of this house.

Housing PURDUE'S COST ANALYSES. (Architectural Forum, vol. 65, December 1936, no. 6, pp. 556-559, illus. with charts.) This is a report of Houses No. 1 and No. 4 of Purdue Housing Research Project. A series of these projects is being reported in this magazine.

Markets and Crafts — RUG MAKING AND DESIGNING IN CROSS-STITCH. Mabel Hodkin. (Sir Isaac Pitman & Sons, London 1936, pp. 76, numerous illus.) The chapter contents are: Introductory, including facts about materials, and preparation of the canvas; The making of small articles, such as cushion squares and stool tops, preliminary to rug making; Rug and mat making in cross stitch; Design making on squared paper. The rugs described are made with a cross stitch of wool worked in a strong canvas. The illustrations show many motives which may be used in making borders and patterns for the rug.

Markets and Crafts — THE GARDEN OF GOURDS. L. H. Bailey, (Macmillan Co., New York 1937, pp. X + 130 illus.) An illustrated book which describes the numerous kinds of gourds. It says: "In preparation for decorative uses the gourds should be cleaned and softly polished, then rubbed with a good floor wax. Some users varnish them, but this adds an unnatural and too prominent gloss. The fruits should be dry when wax or other covering is applied.

Markets and Crafts — AN OLD ART REVIVED. Hazel L. Graves. (Capper's Farmer, vol. 48, March 1937, no. 3, p. 54.) A short article which tells how to select corn shucks, soak, and tear them into strips and twist for making chair seats. It also gives directions for weaving the seat.

Markets and Crafts — DECORATIVE METAL WORK. Editorial Staff. (Popular Science Monthly Pub. Co., New York, 1936, pp. 252, illus.) The chapter headings of this book are: The workshop; Tools and jigs; Soldering and joining; Tin cans; Lead and pewter; Hammering and forging; Copper and brass; Inlaying; Wrought-iron work; Light fixtures; Metal spinning; Metal foil; Jewelry; Cutting and etching; Novelties; Plating; and Metal finishing.

Markets and Crafts — SIMPLE WEAVING. Elsie Mochrie. (The Manual Arts Press, Peoria, Ill., pp. 53, illus., 4th Ed, Rev. 1936.) This small book tells how to construct and operate small looms of several types. These include: Card-loom weaving for infants; A simple braid loom; Small roller braid loom; Larger roller braid loom; and Rug weaving on the wider looms.

Bealer

JUN 1 - 1937

United States Department of Agriculture
Extension Service
Washington, D. C.

No. 267

June 2, 1937.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Extension — COMPETITIVE FEATURES OF 4-H CLUB PROGRAM ELIMINATED IN ILLINOIS. (What's New in Home Economics, vol. 1, May 1937, no. 9, p. 5.) "A new program has been planned for the Girls' 4-H clubs of the State of Illinois, announces Mary McKee.... This new plan eliminates the competitive element in the 4-H program and substitutes more educational features....Other changes being made in the program are that a greater choice of projects is being offered; the projects are divided into shorter units, and the requirements of the individual projects are more flexible. Work is being built around a more popular theme, and girls can repeat projects. If the 4-H girls wish to exhibit them, they may display their work in a repeaters' class."

Extension — 4-H MARCHES ON. Katherine Seymour. (Farmer's Wife, vol. 40, April 1937, no. 4, p. 37.) An article which tells of the activities of a 4-H club.

Social — WHY NOT A STAY-AT-HOME VACATION? By Marese Eliot. (Recreation magazine, vol. 31, May 1937, no. 2, p. 91.) This article advocates a stay-at-home vacation in which facilities of the local community are utilized in having a good time. It says "You will be surprised to find out how much there is to enjoy without leaving your own home. Set out on a journey of discovery this summer." It then tells how to get ready for the vacation, and suggests some home resources that are important in helping to make the vacation a success.

Social — RATING MARGINAL HOMES FROM OBSERVATION. E. L. Kirkpatrick. (Rural Sociology, vol. 2, March 1937, no. 1, pp. 51-58.) This article discusses the values in different methods of rating homes, particularly through observation.

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Equipment

HOW TO TEST CAN OPENERS. (Consumers' Digest, vol. 1, March 1937, no. 3, pp. 74-75.) This article with two illustrations tells how to test a can opener to find out whether or not it makes metallic shavings which drop into the can. Testing is done by taking an empty can and fastening a piece of white paper over the open end with a rubber band, then opening the other end with the can opener and examining the paper for shavings of metal that may have fallen in the can.

Equipment

COMMON USES OF ELECTRICITY ON AVERAGE FARMS. J. Romness. (Wisconsin Agriculturist and Farmer, vol. 64, March 13, 1937, no. 6, pp. 17, 19.) This article states: "Heating Appliances - The amount of heat available from one kilowatt hour of electrical energy is 3,415 British thermal units. This is approximately one-fourth of the amount of heat available from one pound of coal of average grade. It can readily be seen, therefore, that the use of electric heating appliances must largely be justified from a convenience and labor-saving standpoint rather than from an economic one.

Energy Consumption of Various Household Appliances

Appliance	Kilowatt hours consumed per month
Range.....	100-200 per month
Water heater.....	65-85 per person
Refrigerator.....	30-60 per month
Ironing.....	$1\frac{1}{4}$ per person
Washing.....	1/3 per person

Lighting and the operating of small household appliances such as the sewing machine, mixer, radio, and vacuum cleaner require about 50-75 kilowatt hours per month."

Equipment

CARPET SWEEPERS FOR SURFACE DIRT. (Consumers' Digest, vol. 1, March 1937, no. 3, pp. 30-33.) This article states carpet sweepers are all much alike in performance. The difference in price is due to one being a fancier model than another; prices vary from about $3.50 to $7.50, the latter being made to serve as gifts. All wear well. Carpet sweepers gather up only surface dirt.

Equipment

A GOOD REFRIGERATOR SAVES TIME, HEALTH, STRENGTH, MONEY. Bess M. Rowe. (The Farmer's Wife, vol. 40, May 1937, no. 5, pp. 17 and 28, illus.) Fourteen points are listed relating to a good refrigeration. These include suitable size, location, care, defrosting, and icing, keeping the air circulating, and arrangement of foods inside the refrigerator, the location of cold-spots, care of meats, salad vegetables, self-protected foods, special fruits, odorous and odor-absorbing foods, jams and condiments.

Food and Nutrition BETTER BUYMANSHIP. No. 1 Poultry, Eggs, and Fish. Carol Willis Hyatt. (Household Finance Corporation, 919 N. Michigan Ave., Chicago, Ill. 1934, 22 pp., illus. 3.) Topics discussed in this bulletin include: How does freezing affect poultry? What kinds of poultry are found in the market? What is the grade of poultry? What is the quality of canned chicken? What is the quality of the egg? Does the color of the egg affect the quality? Care of eggs, Where should fish be purchased? How may the freshness of fish be judged? How may fish be ordered? What varieties of fresh fish are available? What are the varieties of smoked fish? What buying guides are given on labels? Care of fish.

Food and Nutrition CERTAIN FACTORS WHICH AFFECT THE PALATABILITY AND COST OF ROAST BEEF SERVED IN INSTITUTIONS. Gladys E. Vail and Luella O'Neill. (Journal of the American Dietetic Association, vol. 13, May 1937, no. 1, pp. 34-39.) The findings of this study of meat made at Kansas State Agricultural College are: "As a result of this study it was found that the shrinkage of all roasts cooked was similar. The greatest shrinkage was found in U. S. Choice rib with 25.36 percent loss, and the least in the U. S. Choice clod with 23.31 percent loss. Of the cuts studied, the U. S. Good clod costing 4.5 cents a 70-gram serving was found to be the most economical; U. S. Choice rib costing 9.8 cents for the same size serving, was the most expensive. The U. S. Choice clod tested the most tender with a shear of 8.53 pounds and the U. S. Good round the least tender with a shear of 24.06 pounds. Both grades of round yielded more press fluid than either clod or rib. The U. S. Choice rib gave the least press fluid of the cuts tested. The palatability committee did not find a great difference in the flavor of the different cuts, although they considered U. S. Good round least desirable. The committee also rated the U. S. Good round least tender. If cost is not an important consideration in purchasing meat for use in institutions, the ribs would probably be the cut selected for roasting. If cost is of importance, the top clod grading U. S. Prime, U. S. Choice or U. S. Good, because of the great difference in cost and the slight difference in desirability as compared with the rib roast, would probably be selected.

Food and Nutrition LOW COST OF GRADING CANNED GOODS. (Consumers' Digest, vol. 1, March 1937, no. 3, pp. 14-15.) This short article gives the cost of grading canned goods as about one-half cent a case.

Food and Nutrition BEWARE OF POISONOUS EASTER-EGG DYES. (Consumers' Digest, vol. 1, March 1937, no. 3, pp. 1-2.) This short article says: "There are Easter-egg dyes on the market claiming to be pure vegetable dyes. However, the safest course would be to allow children to dye eggs only with food colors which are shown on the package by a clear and unequivocal statement of the manufacturer, over his official signature, to have been certified by the Department of Agriculture." It also suggests boiling eggs in water to which red onion skins are added to get various shades of mahogany color.

CREDIT FOR CONSUMERS. LeBaron R. Foster. (Household
Management Finance Corporation, 919 N. Michigan Ave. Chicago, Ill., 2d ed. rev., Public Affairs Pamphlet, No. 5.) This bulletin discusses: Inadequacy of individual savings; The risks and the costs; Charge account credit; Credit based on assets; Loans from pawnshops; Installment sales credit; Industrial banks, Morris plan banks and personal Loan departments of commercial banks; Credit unions; Licensed personal finance companies; Unlicensed lenders; How to use credit to advantage; How to finance yourself; Paying off old debts; Why consumer credit is expensive; Program for social protection.

HOW LONG TO BOIL STARCH. (Amer. Wool & Cotton Reporter,
Management vol. 51, April 22, 1937, no. 16, pp. 16-17.) This brief item says that time of cooking starch depends principally on the concentration of the size. The more starch used, the longer the size should be cooked. Boiling is required to reduce the viscosity of the size so that it will penetrate sufficiently into the yarn or cloth and not stick in ironing. It says also; "With efficient agitation, this time (for cooking) may be cut appreciably. The viscosity of the size is affected not only by heat, but by agitation as well."

CONSUMERS' COOPERATIVES. Compiler, Julia E. Johnsen.
Management Discussion by J. V. Garland and Charles F. Phillips. (H. W. Wilson Co., New York, 1936, pp. 297.) The fore part of this book presents the arguments for and against cooperatives. Following it are chapters on: Fundamentals on consumers' cooperation; Development of consumers' cooperation in foreign countries; Consumer cooperation in the United States; Factors influencing the development of consumers' cooperatives.

THE HOME ECONOMISTS' PART IN THE REHABILITATION PROGRAM.
Management Lucile W. Reynolds. (Jour. Home Economics, vol. 29, April 1937, no. 4, pp. 217-222.) This article tells how the food budget is set up, how articles that must be purchased are planned for, how much emphasis is being placed on canning and the purchase of equipment in rehabilitation work. Record keeping after planning is an important phase of the work. The home economists on the staff also teach how to cull poultry, make soap and clothing. They arrange for medical examinations and dental services and find markets for products.

DIMINISHING COSTS AND INCREASING COMFORT. V. L. Sherman.
Management (Amer. Builder, vol. 58, September 1936, no. 9, pp. 72, 74, 76, illus.) This article advocates planning for future equipment of houses at the time they are built, and explains how this should be done. It also shows in what ways more modern installations are better adapted to making houses comfortable than were the older ones. It also says, in the effort to make equipment most effective, improvements in the insulation and construction of the house itself have been necessary.

United States Department of Agriculture
Extension Service
Washington, D. C.

No. 268

June 9, 1937

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Housing — PUTTING A NEW FACE ON THINGS. (Pictorial Review, vol. 38, April 1937, no. 7, pp. 46-47.) This article explains the changes that have been made in the composition of paints during the past few years and something about how they should be applied, cared for or cleaned, and about their wearing qualities. It says of exterior paint: "Another attribute of the modern paints is their ability to keep themselves clean. They are independent, as independent as modern women. They practically wash their own faces through a mysterious power of controlling their chalking rate. This means that when the rain swishes against the sides of the house only a little of the powdery top coat will slough off, carrying the dirt away with the water, and leaving a smooth, clean expanse of house behind."

Housing — 48 SYSTEMS OF PREFABRICATION. (American Architect and Architecture, vol. 149, September 1936, no. 2649, pp. 28-40, with diagrams.) This study was developed by the American Architect staff in collaboration with Eugene Raskin, Walter Saunders, and Elmer Bennett. By illustrations as well as text the construction details of 48 systems of prefabrication of houses are shown in this article. The authors also point out that prefabrication is as old as man-made shelter.

Housing — INFLUENCES FOR AND AGAINST PREFABRICATION. Eugene Raskin. (American Architect and Architecture, vol. 149, September 1936, no. 2649, pp. 21-22.) The author says that the following groups of persons have expressed their opinions for and against prefabrication in small houses. Those in favor seem to be industrialists, consumers with modest incomes, idealists, sociologists; those strongly against it are manufacturers of some building materials, labor unions, contractors and speculative builders, nationalists, and romanticists; those doubtful are architects and economists.

Child ANTHROPOMETRIC STUDIES OF INDIVIDUAL GROWTH: II. AGE, WEIGHT, AND RATE OF GROWTH IN WEIGHT OF ELEMENTARY SCHOOL CHILDREN. Carrol E. Palmer, Riiti Kawakami and Lowell J. Reed. (Child Development, Vol. 8, March 1937, no. 1, pp. 47-61.) This article reports the second part of a study of longitudinal growth of children. In this part of the study it was found that growth in height of boys between 6 and 10 years and of girls between 6 and 9 years of age is dependent on chronological age. There is also a slight correlation between the variability of growth in height and height itself. It is necessary to consider attained weight in evaluating growth in weight.

Child THE RELATION OF PARENT AND CHILD. Harold A. Rosenbaum. (Hygeia, vol. 15, February 1937, no. 2, pp. 148-150.) The author says that fostering feelings of security and confidence in children is a most valuable asset to parents for future guidance of them. These feelings should be developed as early as possible. The obstacles are lack of parental patience, understanding, and sympathy, and often the negligence of giving time to the child. Children "develop much better under warmth and love than under cold intellectual treatment."

Child THREE NEW CHILD-WELFARE INSTITUTIONS IN VENEZUELA. (Pan American Union, vol. 71, May 1937, no. 5, pp. 423-426.) This article tells of the need for care of expectant mothers and young infants, and what is being done about it in Venezuela.

Child SCHOOL CHILDREN TESTED FOR NUTRITIONAL STATUS. Grace Chamberlain. (What's New in Home Economics, vol. 1, May 1937, no. 9, p. 12.) This short article about a nutrition project in Altoona, Pa., tells how vitamin A tests are given children in schools by means of a biophotometer and how this device operates in measuring visual purple, the indicator of vitamin A deficiency or adequacy. X-ray pictures are taken, also, to determine whether or not the child's bone age is retarded.

Child THE EXPECTANT MOTHER. R. L. De Normandie. (Funk and Wagnalls, New York, 1937, pp. 89, revised edition.) The chapters in this book of the National Health Council discuss: Diagnosis and duration of pregnancy; Determination of sex; Hygiene; Discomfort and ills and complications of pregnancy; Preparation for delivery; Labor; Convalescence; and The baby.

Education

CULTURE OF THE EMOTIONS IN EDUCATION. C. H. Handschin. (School and Society, April 3, 1937, pp. 473-475.) A short article which says in part: "An emotion is a state of body and mind and so exhibits two important phases. It not only predisposes to action; it affects the bodily functions and, therefore, bodily condition, and hence, efficiency and happiness." It then explains that under our present civilization many persons do not find a means for working off the discharge of emotion through vigorous physical or mental-physical activity. It says in conclusion: "Give rein to emotions which are valuable under the existing circumstances of the time; direct emotions toward useful ends; that is, set up goals and ideals which will make the emotion valuable for the purposes in hand, and in so doing divert them from undesirable goals."

Education

EDUCATIONAL PSYCHOLOGY. Noel B. Cuff. (The Standard Printing Co., Louisville, Ky., 1936, pp. VI + 387.) This book has chapters on: The field of educational psychology; Heredity and environment; Growth and development; Incentives and motives; Feelings, attitudes, and emotions; Mental hygiene; Intelligence and its measurement; Individual differences and the school; The learning process; Economy and efficiency in learning; Factors influencing learning; Transfer of training; The measurement of learning; Reasoning, imagining, and problem solving; and Socialization and guidance. The author says in the preface: "... in the treatment of units the valuable findings of some classical and of many contemporary psychologists have been included. The writer has tried, however, to avoid the mistake of presenting a mere encyclopedic summary of independent essays and research data. He also has attempted to include the material of maximal benefit to students of education and to organize this practical content into a coherent pattern."

Education

WHAT IS CHARACTER EDUCATION? Mark A. May. (Parents' Magazine, vol. 12, April 1937, no. 4, pp. 21, 58, and 60.) The conclusion of this article says, that conduct is varied and inconsistent, and character is a complex pattern of conduct. The designs of character are based mainly on moral or social knowledge, social attitudes, social skill, and a high aim or goal for behavior. That is, the child should know an honorable way out of every problem situation, what people approve in conduct, and should have the ability or skill to do the right thing, and a desire to be good.

Personal THE MODIFYING INFLUENCE OF THE FAMILY FARM UPON CHOICE OF OCCUPATION. Roy H. Holmes. (Rural Sociology, vol. 2, March 1937, no. 1, pp. 59-65.) There is given an insight into reasons for various conditions in farm homes, as well as psychology involved in the attitudes of parents regarding the child's choice of an occupation.

Personal LET THEM TALK AT THE TABLE. Mary Katherine McMeans. Hygeia, vol. 15, May 1937, no. 5, pp. 426-428, illus.) This author advocates conversation at the family dining table as the best training in self-expression, provided it is not mere chatter, but the kind of talk that results from thinking and expressing thoughts.

Personal CARTOONS SET THE STAGE FOR TEACHING FAMILY RELATIONSHIPS. Blanche M. Stover. (Forecast, vol. 53, April 1937, no. 4, pp. 156-157, 178 and 191, illus.) An article which tells how cartoons have been used and can be used for discussion and the teaching of family relationships. Certain cartoons are cited as illustrations of the points the author is making. These present questions about training children, such as; Should parents allow children to annoy other people?; Questions of home management; Should you leave a guest alone?; Appropriate dress; Housing problems; Telephoning; Entertaining the "boy friend", etc.

Personal LIVING UP TO OUR NEIGHBORS. Josette Frank. (Child Study, vol. 14, March 1937, no. 6, pp. 169-170, 187-188.) This article points out the effects on children of making decisions on the basis of what the neighbors do or think. It shows also the difficulties brought about by totally ignoring what others do, and states that choices should be based on a sound sense of values and honest concern for the welfare of the child. If this is done, there need be no fear of what the neighbors think.

Personal PERSONALITY DEVELOPMENT FOR THE HIGH-SCHOOL GIRL. Clara M. Sparks. (Forecast, vol. 53, May 1937, no. 5, pp. 201-202 and 230, with 2 charts.) This article urges that more attention be given to the personality development of girls of high-school age for the reason that good personality contributes to economic success, and more abundant living. The author says, "...the factors which enter into a successful personality are correct speech, agreeable friendliness, a pleasant figure, neither too gross, nor too thin, good posture, and good grooming. Each of these can be controlled or cultivated by the individual, regardless of wealth or poverty; regardless of beauty or the lack of it. We also amplify the value of good grooming. This is not wholly a question of clothing and how it is worn. In our course we suggest frequent bathing to prevent loss of daintiness as well as to improve appearance."

Reader

United States Department of Agriculture
Extension Service
Washington, D. C.

JUN 21 1937

No. 269

June 16, 1937.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Child

PARENT AND TEACHER. Florence Piper Tuttle. (Stephen Daye Press, Brattleboro, Vt., 1936, pp. 136.) The author says in the preface that this is not a book of exploration. "Its purpose is to show where a number of paths, among those already discovered, come together at a common point of interest for parents and teachers. It aims to show how closely related are the educational procedures in two types of environment, the home and the school." The parts of the book are: The child in the home, The child at school, and The child and his books. This book is written in a style that will be helpful to parents who have a limited background and are beginning to take an interest in child development. For example, the reason given by the author for the fact that many children do not seem to care for the better things in life is because the cheaper ones are more urgently offered them. She says that psychology tells us the right-of-way will be taken by those desires the child is most in the habit of expressing.

Child

THE INNER SIGNIFICANCE AND THE OUTWARD EXPRESSION OF CHILDREN'S PROBLEMS. Rose Green. (The Family, vol. 18, May 1937, no. 3, pp. 85-90.) The author of this article, The Inner Significance and the Outward Expression of Children's Problems, says she is concerned, in this paper, with the meaning of children's behavior problems rather than their causation or clinical treatment. She takes the stand that a child with a problem is a child having an inner conflict, and that the inner conflict expresses itself in behavior which is a cause of concern to the family and community. She then gives cases of children with problems such as those of the child whose parents fight, the one who thinks she is not wanted in her environment, and the child who is striving to keep his mother busy with himself. She closes by saying that, when the child has achieved "some balance between the conflicting forces of his own impulses and the factors of his environment" his behavior is likely to change and "the different behavior only tells us that the child has ended a particularly trying experience in a constructive way", but that we cannot be sure that the equilibrium will be maintained through further troublesome times.

Clothing and Textiles — HOW CARPET MANUFACTURING STARTED. (American Wool and Cotton Reporter, vol. 51, April 29, 1937, no. 17, pp. 69-70.) This article tells the history of ingrain-carpet manufacturing which began in Philadelphia in 1774. The making of Brussels carpets seems to have been started about 1849.

Clothing and Textiles — DO CLOTHES EVER AFFECT CHILDREN'S PERSONALITIES? Crete Dahl. (What's New in Home Economics, vol. 1, May 1937, no. 9, p. 9.) This is an article on self-help clothing for children. It outlines 12 points "generally accepted as desirable" in children's clothing, by modern mothers. These points are quite similar to those recommended by the Children's Bureau and the Bureau of Home Economics.

Clothing and Textiles — FABRIC TESTING. (Nat'l Laundry Jour. vol. 58, April 1937, no. 3, pp. 144-148.) This article suggests a plan for commercial laundrymen to help housewives in testing fabrics and in educating them to make such tests for themselves. The contents of a kit for routemen and housewives, it says, should consist of: Acetone (glass bottle); Lye - 5 percent solution (glass bottle), sulphuric acid (glass bottle); concentrated hydrochloric acid (glass bottle); samples of silk, wool, cellulose rayon (Crown viscose rayon, rayon Bemberg); cellulose acetate (Celanese); cotton; linen; matches; blue ink; two thin pieces of tin; medicine dropper or glass rod; ammonium sulphide.

Clothing and Textiles — BETTER BUYMANSHIP. No. 4 Shoes and Stockings, Carol Willis Hyatt. (Household Finance Corporation and Subsidiaries, 919 N. Mich. Ave., Chicago, Ill., 1936.) This bulletin discusses: The price and appearance of an adequate guide to quality; The meaning of the label; Type of construction and differences between silk and rayon hosiery; Does the stocking have sufficient elasticity?; What gives the stocking its sheer appearance?; What is the length and size?; Care of silk hosiery; Women's cotton and wool hosiery; Men's hosiery; Children's hosiery; Price, quality, and fit of shoes; Will the shoe keep its shape? How is the sole attached to the upper? Type and quality of the leather; construction details; and care of shoes.

Clothing and Textiles — BETTER-FITTING GARMENTS FOR CHILDREN. By Ruth O'Brien. (Agricultural Leaders' Digest, vol. 18, May 1937, no. 4, p. 40.) This is an announcement of a study of children's measurements to be made in the Bureau of Home Economics. The purpose of this study is to determine the dimensions which should be used for children's garments and patterns. It is hoped that through these measurements better-fitting garments may be worked out, and thus losses may be saved to manufacturers, retailers, and consumers.

Health — THE SKIN REACTIONS OF INFANTS AND CHILDREN TO SOAPS. Leon Goldman. (Jour. Amer. Med. Assoc. vol. 108, April 17, 1937, no. 16, pp. 1317-1320, with tables.) A report of the study of the action of soap on the skin of children, and the conclusions reached. These conclusions are that substances other than pure soap ingredients incorporated in soaps are likely to cause eczema and other troubles. A soap containing cresol caused the most marked reaction.

Health — TALL YOUNGSTERS. By Israel Bram, M. D., Philadelphia, Pa. (Food Facts; published by Wheat Flour Institute, 309 W. Jackson Blvd., Chicago, Ill., vol. 6, April 1937, no. 4, p. 4.) This short article presents the effect of dietary habits on the physical and mental development of individuals and races as observed in the past 25 or 30 years. It says: During the past two decades in the areas where attention has been given to diet the number of unusually tall boys and girls has been steadily increasing, and that "improvement of the human stock through improved diet can be seen to be actually taking place in many quarters."

Health — THE DETERMINATION OF THE CALCIUM REQUIREMENTS OF MAN. I. Leitch. (Nutrition Abstracts and Reviews, vol. 6, January 1937, no. 3, pp. 553-576, illus., with tables.) This article considers the calcium requirements of adults, infants, and children from 1 year until completion of growth. It reports studies and the conclusions reached. The maintenance requirement of calcium in adults is 0.10 higher than Sherman's estimate, and the author claims that evidence from his studies and those of others made recently shows that the additional calcium is needed as a protection to health. This study gives evidence that senile osteoporosis may be due partly to a deficiency of calcium.

Health — HEALTH AND ENVIRONMENT. The Elements of Sanitary Science. Jean Martin White, R. N. (F. A. Davis Co., Philadelphia, Pa., 1936, pp. 209.) The author says in the preface, "This brief text is designed to give a general view of the part that environment plays in the maintenance of health, to review the outstanding features of man's endeavor to make his surroundings contribute to his physical well-being. The aim has been to present the salient facts in as interesting a manner as possible. Should a more detailed treatment of the various phases of sanitary science be desired, it may be had from the sources referred to at the end of each chapter." . . . The parts of this book aside from the introduction, which includes some bits of history and the important factors in community health, are: Environment, factors operating at close range, from a distance, and in special situations; and on measuring progress. Under these various topics the author discusses healthful homes, including problems of ventilation, heating, lighting, water supply, removal of waste, the handling of foods, and school and camp sanitation.

Food and Nutrition ANTIHEMORRHAGIC FACTOR IN FOODS. (The Jour. Amer. Med. Assoc., vol. 108, May 15, 1937, no. 20, pp. 1717-18.) This article reports the identification of a new vitaminlike substance which is being tentatively called vitamin K. It is found associated with vitamin C and can be separated from it. So far, it has been identified in relative abundance in alfalfa. It affects the clotting of blood.

Food and Nutrition THE PSYCHOLOGY OF EATING. Lewis Robert Wolberg, M. D. (Robert M. McBride & Company, New York, 1936, 1st. ed., pp. LX + 321.) This book is a history of dietary ideas and habits of people beginning with those that primitive man was supposed to have had and that have continued down to the present-day concepts of diet and table service. The author says in his foreword that this book "reviews comprehensively medical, social, and physiological aspects of diet" and is not a fad diet book.

Food and Nutrition MEAT IN MENU PLANNING. (Nat'l Live Stock and Meat Board, Department of Home Economics, 407 S. Dearborn St., Chicago, Ill., 1937, pp. 32, illus. 11.) This is a new circular that contains information about meat cuts and menus in which different kinds of beef, veal, pork, and lamb are used.

Food and Nutrition CAKE-MAKING QUALITY OF EGGS AS RELATED TO SOME FACTORS IN EGG PRODUCTION. Florence B. King, Elizabeth Fuller Whiteman, and W. G. Rose. (Cereal Chemistry, vol. 13, November 1936, no. 6, pp. 703-711, illus. with tables.) This paper reports a continuation of the cooperative study of egg quality which is under way in the Bureaus of Animal Industry, Chemistry and Soils, and Home Economics of the United States Department of Agriculture. The summary says that the diet received by the hens did not affect the properties of the eggs or the quality of the cakes made from them.

Food and Nutrition BETTER BUYMANSHIP. No. 6, Meat. Carol Willis Hyatt. (Household Finance Corporation and Subsidiaries, 919 N. Mich. Ave., Chicago, Ill., 1934, illus.) This bulletin calls attention to the government inspection stamp and tells how the quality of beef, veal, lamb, and pork may be judged; methods and directions for cooking the various cuts of meat are given.

Food and Nutrition BETTER BUYMANSHIP. No. 11, Dairy Products. Carol Willis Hyatt. (Household Finance Corporation and Subsidiaries, 1934, 919 N. Mich., Ave., Chicago, Ill., pp. 25, illus.) This bulletin gives facts useful to know in buying milk, cream, ice cream, butter, lard, semihard and soft cheeses.

United States Department of Agriculture
Extension Service
Washington, D. C.

VI-G

No. 270 June 23, 1937.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Health

PHYSICAL AND PHYSIOLOGIC PRINCIPLES OF AIR CONDITIONING. C. P. Yaglou. (The Journal of the American Medical Association. Vol. 108, May 15, 1937, no. 20, pp.1708-1713.) The author says that in this paper he has attempted to digest and evaluate some of the basic physical and physiologic principles involved in air conditioning and to point out where data are inadequate and where research is urgently needed. Among other things he says, "air conditioning of some kind is needed to alter the atmosphere of occupied rooms; particularly to get rid of the ill-defined odoriferous, organic matter arising from vile breath, sweat, and sebaceous secretion, gasses from the alimentary canal, and decomposition of matter in the skin and clothing; for men's smell is so extremely sensitive to inconceivably small concentrations of odoriferous matter that cannot be detected by known methods of chemical analysis. These odors induce a feeling of stuffiness on entering a room from outdoors. Under extreme conditions they cause headache, nausea, loss of appetite, and disinclination for physical activity." He discusses the physical and physiologic basis of comfort, and in this connection says, "Sensations of heat or cold are not due to changes in internal body temperature but largely to changes in the temperature of the skin." He also says, "Under ordinary indoor conditions during the heating season, variations of humidity are relatively unimportant as far as warmth and comfort are concerned, and from the standpoint of health there are no data to prove that artificial humidification is necessary." This is the first report of a committee of the American Medical Association studying air conditioning and its effects on health.

Health

COMMENTS ON HOUSEHOLD FLY SPRAYS. Charles H. Richardson. (Exterminators Log. Vol. 5, May 1937, no. 5, p. 7) A brief item comparing the action of various sprays on flies. It points out that many sprays have a good "knock-down", but that their ultimate toxicity is not satisfactory, that pyrethrins deteriorate in solution, and in time are of small value. The "knock-down" value of derris is poor, but the ultimate mortality they produce is better than for pyrethrins. They, too, deteriorate in solution. Other solutions are being tested.

Housing ENGINEERING PROBLEMS IN AIR CONDITIONING. Samuel R. Lewis. (Agricultural Engineering. Vol. 18, May 1937, no. 5, pp. 204, 206.) This author says if the air of summer heat that "comes against the skin could be dehumidified, even though it were not cooled particularly, there would be great improvement in health and comfort." Silica gel, common salt, and many other substances will absorb moisture from the air, but they also heat the air in absorbing moisture; so with a dehumidifier, refrigeration is needed to cool the air. It suggests well water below 55° F. for cooling farm houses.

Housing HOME. John Franklin Waddell, Lois Gadd Nemec, and Maybell G. Bush. (Elementary School Reader. The MacMillan Company, New York, 1936.) This little book is a very elementary reader with large print and many illustrations.

Housing BETTER BUYMANSHIP. No. 20 Home Heating. Paul E. Mohn. (Household Finance Corporation and Subsidiaries, 1936, 919 N. Mich., Ave., Chicago, Ill. pp. 38, illus.) This bulletin presents facts about fuels used in house heating, their economical use and the equipment required. It also recommends means of reducing fuel costs through better-fitting doors, windows, etc. Specifications are given for fireplaces, and factors affecting the selection of a heating system are discussed.

Housing COST OF REINFORCED CONCRETE HOUSE. Purdue Housing Research Project House No. 3. C. Paul Ulmer. (American Builder. Vol. 59, April 1937, no. 4, pp. 108, 112, 116, 120, 124, 128, 168, 172, 174, and 176, illus.) This article discusses houses being studied in Purdue's Housing Research Project, and the cost of reinforced concrete in house Number 3.

Housing HOUSING ASPECTS OF RESETTLEMENT. E. L. Kirkpatrick. (The Annals of the American Academy of Political and Social Science. Vol. 190, March 1937, pp. 94-100, illus. 1.) This article discusses Rural Resettlement in general; housing objectives in rural resettlement, accomplishment, and unmet needs; suburban resettlement and its objectives and accomplishments.

Housing ECONOMIC AND SOCIAL SIGNIFICANCE OF HOUSING DESIGN. Miles L. Colean. (The Annals of the American Academy of Political and Social Science. Vol. 190, March 1937, pp. 101-108.) This article discusses lack of planning in housing; various city plans; the public attitude toward design, and factors which influence it; and the prospect for design. It advocates coordination in planning.

Food — PECTIN PROBLEMS. A. G. Norman. (Food Manufacture. Vol. 12, May 1937, no. 5, 164-166.) This article discusses recent findings concerning the structure and source of pectins, their variation in jellying power, and the theories relating to the variations. It says, "There seems to be no single group in the pectin molecule, the amount of which may be said to control jellying power." The chain length may have much to do with this power, as is the experience with cellulose. It also points out some problems of enzymic degradation.

Food — STAPHYLOCOCCI IN RELATION TO FOOD POISONING. G. M. Dack. (American Journal of Public Health and the Nation's Health. Vol. 27, May 1937, no. 5, pp. 440-443.) This paper, read before the American Public Health Association's meeting in October, mentions facts learned about food poisoning during the previous 6 years. It says outbreaks of poisoning have been caused for the most part by cream-filled pastry or cakes, but that cheese, gravy, doughnuts, milk, ice cream, and sandwiches have also served as vehicles. Products may become contaminated during manufacture and lie dormant, or multiply slowly in the refrigerator. It says reheating custard-filled puffs and eclairs for a time, and at a temperature to kill staphylococci, does not impair the flavor or appearance of the product.

Food and Nutrition — COUNTRY KITCHEN. Cook Book. Miriam J. Williams. (Webb Book Publishing Company, St. Paul, Minn. 1934, pp. 183.) A cookbook prepared especially for the country homemaker from recipes submitted by farm wives and daughters. These recipes feature sour milk, cream, chicken, cured meats, and other products of the farm home. They are for families of four to six persons.

Food and Nutrition — FOOD PREFERENCES OF FARM FAMILIES. (Farm Journal, Philadelphia, Pa., 1936 p. 49 - mimeographed.) A report of a survey made by the Farm Journal which shows which brands of the various foods are most popular in different States of the Union. Some of the products so studied are: Baking powder; breakfast foods; catsup; cheese; coffee; flour; canned milk; soups; vegetables, and fruits; and molasses.

Food and Nutrition — PAN SIZES, COSTS AND SALES. Jay Burns (The Northwestern Miller and American Baker. Vol. 14, June 2, 1937, No. 6, pp. 22-27.) A report of a study and tests made in increasing the consumption of bread. It says that flour consumption per capita a generation ago was 250 pounds, and in 1935 was 165 pounds.

The size of pans, particularly extra long ones, is an important factor in bread consumption. Consumption was increased in the areas studied by shortening the length of the loaf. Increasing the thickness of slices also increased the consumption of bread.

Social

SOME STATISTICAL ASPECTS OF MARRIAGE AND DIVORCE. I. M. Rubinow. (1936, pamphlet series no. 3, pp. viii+36.) This bulletin takes up three aspects of the marriage and divorce question; trends of marriage rate, trends of divorce rate, and various relationships between these two trends. Conclusions reached in this statistical study regarding the marriage rate are that there has been almost an uninterrupted rise from 1887 to 1922, particularly when computed on the basis of adult, unmarried population; and the author says, there surely is no basis for conclusions that the institution of marriage is losing in popularity. Of the divorce rate, he says that there has been a similar increase. Since the depression there has been a rapid drop in the marriage rate and also a sudden shrinkage in the divorce rate. At the present time the probability of divorce has reached an apparently stable level and is greater than is usually imagined, being slightly over 20 percent; that is, out of every nine marriages now existing, two are likely to end in divorce, and seven will be dissolved through death.

Social

WHITHER AGRARIAN ECONOMY IN THE UNITED STATES. Louis Bernard Schmidt. (Social Forces. Vol. 15, December 1936, No. 2, pp. 196-205.) The author says the farm family's welfare is the objective of a sound philosophy of agriculture, and that this objective can no longer be secure by laissez-faire methods. He then outlines a plan of procedure adopted in 1933 by the committee of Iowa State College which includes: "Recognition of the independence of rural and urban interests; a favorable economic environment; efficient management of production methods; effective group action through organization; a satisfactory social environment and standard of living; adequate rural educational opportunities."

Social

THE SOCIAL ADJUSTMENT OF 381 RECIPIENTS OF OLD-AGE ALLOWANCES. Joseph K. Folsom and C. Margaret Morgan. (American Sociological Review. Vol. 2, April 1937, no. 2,pp. 223-229.) Business was found to be the most important factor of happiness of old age. Hobbies at the present time, and having had hobbies in the past were contributing factors to happiness. The hobbies of the men in order of frequency were: gardening, cards, baseball, reading, fishing, and participation in music. Of the women, sewing and embroidering, gardening, reading, cards, housekeeping, church work, and listening to music. Other contributing factors were health, comfort, family and personal relationships.

Social

OUTDOOR FIREPLACE OF CONCRETE. Leon H. Baxter. (Industrial Arts and Vocational Education. Vol. 26, June 1937, no. 6, pp. 196-198, illus.) This article, with numerous illustrations, tells not only how to build a fireplace of concrete, but in a supplement to it, by W. Ben Hunt, tells how to build many kinds of fires for camp cookery.

United States Department of Agriculture
Extension Service
Washington, D. C.

No. 271 June 30, 1937.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Education — WHITHER AGRICULTURAL EDUCATION IN THE ART OF LIVING? Dr. Arthur K. Getman. (Agricultural Education. Vol. 9, May 1937, no. 11, pp. 163-164.) A discussion of education "for living." The author believes the teacher teaches the art of good living best by precept; therefore, the teacher is vitally more important than what he teaches.

Education — COLUMBIA UNIVERSITY CONTRIBUTIONS TO EDUCATION. A study of results of planning for home economics education in the southern states. Druzilla Crary Kent. (Teachers College, Columbia Univ., Contributions to education, No. 689. 1936. 172 p.) This book reports a study that pertains to vocational education. Principal chapter headings are: Homemaking education in the white public schools of the South prior to 1918; Plans for the organization and administration of home-economics education in the vocational program in the southern region from 1917 to 1933; Reports of the development of home economics in vocational schools in the southern region from 1918 to 1933; Findings, conclusions, and recommendations.

Education — EDUCATIONAL PSYCHOLOGY. James Bart Stroud. (Macmillan Co., New York, 1935, 490.) The author says he is presenting psychological facts and principles which have particular reference to educational problems. He also says each student should be familiar "with the modern status of the instinct hypothesis, and with the facts pertaining to the nature and development of emotional behavior", and have "a thorough knowledge of heredity, environment, individual differences and their causes, work, fatigue and conditions of mental efficiency, mental growth, learning and retention, the nature and measurement of intelligence, educational measurement, and the nature and development of personality."

Education — BIBLIOGRAPHY OF MENTAL TESTS AND RATING SCALES. Gertrude H. Hildreth. (Psychological Corporation, N. Y. 1933, 242 p.) This bibliography includes 11 reports of uses of achievement tests in agriculture and 28 reports of achievement tests in home economics.

Food and Nutrition

EFFECT OF FERMENTATION, CERTAIN DOUGH INGREDIENTS, AND PROTEASES UPON THE PHYSICAL PROPERTIES OF FLOUR DOUGHS. L. J. Bohn and C. H. Bailey. (Cereal Chemistry. Vol. 14, May 1937, no. 3, pp. 335-348, illus.) A report of a study of the effects of fermentation on bread doughs, which shows that heating milk used affects the dough, shortening within limits decreased the stress slightly, and sodium chloride markedly increased it.

Food and Nutrition

GETTING THE MOST OUT OF EGG WHITES. By Clara Gebhard Snyder. (Better Homes & Gardens. Vol. 15, April, 1937, no. 8, pp. 48, 147-148.) In this article the author cites some of the new facts that have been developed through research about white of egg, such as: That at room temperature egg whites give a much larger volume with less beating than when they are cold; it is easy to store egg yolks in a jar covered with a little salted water or salad oil; eggs produced in spring and properly stored, generally whip well; and even a small spot of copper exposed on a thinly plated beater will turn the whites of the eggs pinkish when whipped. Among other things it says that the thinner the plate of the beater or the wire of which the whip is composed, the finer the foam is likely to be. Rate of whipping makes a difference in volume, since as the egg white is subdivided it requires a little time to adjust itself to its changed state. Hence use medium speed with hand or electric beaters of the rotary type. It is easy to separate eggs when they are cold.

Food and Nutrition

FLAVORS: THE SPICE FAMILY. F. G. Buehler, Secretary, Geo. Lueders & Co. (International Confectioner, vol. XLVII, April, 1937, no. 4, pp. 24-25, 44.) This article tells about the spices and herbs that are used in flavoring candies and suggests others that might also be added to the list. It says that "although the recent trend is toward a wider use of flavors that the public has not been favorable to such increases in the past, although attempts have been made before to bring about the use of a greater number." In these previous attempts they were probably used in too large quantities, whereas now the attempt may be effected because great care is being taken to make very delicate blends of them.

Food and Nutrition

REPORT OF THE U. S. DEPARTMENT OF AGRICULTURE BREAD FLAVOR COMMITTEE. Florance B. King, D. A. Coleman, and J. A. LeClerc. (Cereal Chemistry. Vol. 14, January 1937, no. 1, pp. 49-58, illus.) A report of the summary of a study made by the Bureau of Agricultural Economics, the Bureau of Chemistry and Soils, and the Bureau of Home Economics, which says: A rich formula and fresh bread were preferred by 96 judges. Taste was more important than odor. In judging the flavor of the bread, 85 percent patent flour was preferred over straight and over 70 percent patent flour.

Textiles and Clothing KNITTING AND FITTING. Irene Tutt Wood. (The Maestro Company, Chicago, Ill. 1936, 107 p. illus.) The objective of this book is to explain how to knit and the various methods which have made possible the perfect fitting of all types of human figures. It is designed for the beginner who has never knitted before. In addition to the instructional chapters, there is one on knitting problems and perplexities for those who have had special difficulties in this work.

Textiles and Clothing QUESTIONS AND ANSWERS ON DRY CLEANING. (The Starchroom Laundry Journal. Vol. 44, May 1937, no. 5, pp. 103-104.) This article discusses the titer or quality of soap affected by the proportion of solid fats and liquid oils that it contains. Soap that forms a jelly contains fats that are fairly high in proportion of hard solid fat. All such soaps form curds in hard water. The higher the titer the larger are the lime soap particles formed, and these are difficult to remove from fabrics. It also describes "soapless" soaps. These are sulphated fatty alcohol. They work well in hard water and in an acid medium.

Textiles and Clothing CRITICISM OF THE ORDINARY SHOE. Dexter D. Ashley. (Medical Record. Vol. 145, April 21, 1937, No. 8, pp. 346-348, illus. 1.) This article stresses the importance of having a correct heel on shoes. The author says shoes should "permit function without constriction or imbalance." The high heel is not the only factor which offends the foot structures. A heel can be too low as well as too high. Situations in which heels higher than 5/8 of an inch are desirable are described. The bad reputation of the sneaker may be due to a drag heel and insecure heel seat. He warns against the heel that is too long anteriorly and explains the danger that lies in it.

Textiles and Clothing TEXTILE FIBRES IN THE LIGHT OF MODERN SCIENCE. Edward R. Schwarz. (Textile Research. Vol. 7, May 1937, no. 7, pp. 271-287, illus.) This article discusses, in a technical way, structural similarity of yarns, fibers, and fibrils; extremes of textile fineness; the fact that all textile fibers have the strange property of polarizing light; and stretch in spinning. This article is to be continued in a later issue.

Textiles and Clothing DO YOU KNOW YOUR SUMMER FABRICS? Mrs. Ramsay and Mrs. Kendall. Good Housekeeping Institute staff. (Good Housekeeping. Vol. 104, June 1937, No. 6, pp. 81-82 and 204-205). An article telling what Good Housekeeping Institute is doing in the study of textiles. It explains the use of a fadeometer, and the launderometer and the characteristics of some of the newer fabrics and finishes for them. It also gives a few hints about laundering some of them.

Equipment

OLD FURNITURE RESTORED. Florence E. Wright. (The Farmer's Wife. Webb Publishing Co. Handicraft Department, St. Paul, Minn. 1933, 63 p. illus.) A bulletin telling how to reupholster furniture. This is a compilation of detailed instructions to aid in getting good results. It tells how to make repairs on the frame, refinish the wood, prepare the springs, cover the furniture, and make slip covers.

Equipment

A CRITICAL STUDY OF VARIOUS TYPES OF DETERGENTS AND DISINFECTANTS FOR USE IN DISHWASHING. W. L. Mallmann. (American Journal of Public Health and the Nation's Health. Vol. 27, May 1937, no. 5, pp. 464-470, illus.) This article discusses the values of trisodium phosphate, sodium metasilicate, sodium carbonate, sodium hydroxide, and sodium hexametophosphate in detergents for dishwashing. A mixture of 40 percent sodium hexametophosphate, 15 percent trisodium phosphate (monohydrate) 40 percent sodium metasilicate pentahydrate, and 5 percent sodium hydroxide proved most effective because it removed film and, with it, bacteria. It recommends hot water, 140° F. for washing and at least 170° F. for rinsing, and that chemical disinfection should be used only when hot water is not available.

Equipment

SELLING RURAL SERVICE FOR MUTUAL PROFIT. H. E. Dexter. (Electrical World. Vol. 107, May 8, 1937, no. 19, pp. 51-53, and 114, illus. 3.) This article is a report of surveys made to determine the amount of current used for different purposes in farm homes, and the costs to farmers.

Equipment

CLOSET PLANNING. Gerald K. Geerlings. (House Beautiful, Vol. 79, June 1937, no. 6, pp. 48-51, illus.) This article with its numerous illustrations suggests closet arrangements for front and rear entrance halls, living rooms, bedrooms, dressing rooms, bedrooms, bathrooms and rooms for children. They are designed to take care of porch furniture, playthings, clothing, linen, wraps, as well as to utilize spaces often wasted in homes.

Equipment

BETTER BUYMANSHIP. No. 16. Soap and Other Cleansing Agents. Carol Willis Hyatt. (Household Finance Corporation. 1935. 919 N. Michigan Ave., Chicago, Ill.) A bulletin which discusses composition and quality of soaps made for various uses. It mentions changes in marketing practices that are desirable. These include a means of informing housewives how much real soap they get in a bar or a package. The author says the more popular grades of soap chips have contained upwards of 85 percent of real soap, and bar laundry soap 60 percent real soap. The amount of real soap in these products has a tendency to vary as soap prices rise or decline.

United States Department of Agriculture
Extension Service
Washington, D. C.

No. 272

July 7, 1937.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Child — FREEDOM AND THE LATCH-KEY. Aline B. Auerbach. (Child Study. Vol. 14, no. 7. April 1937, pp. 203-205, 220.) An article on the problems brought about because our present civilization prolongs adolescence and tends to prevent children's growing up. The question of the latchkey and the privileges of others of his group, of chaperones, of automobiles, and of sharing responsibility are all raised. It recommends a "trial and error" attitude toward behavior.

Child — HOMEMADE TOYS AND PLAY EQUIPMENT. Edited by Agnes Tilson. (The Farmer's Wife. St.Paul, Minn. 23 pp. illus.) This bulletin with its numerous illustrations shows how to make many toys from inexpensive and discarded articles found in homes.

Child — BETTER BUYMANSHIP. No. 15. Children's Playthings and Books. Martha B. King. (Household Finance Corporation and Subsidiaries. 919 N. Mich. Ave., Chicago, Ill., 1936, pp. 29, illus.) This bulletin discusses toys and books for children of different ages and gives information about selecting them for durability, safety, and satisfaction.

Child — BABY'S BOOK. (Gerber Products Company, Freemont, Mich. 1935, 32 pp., illus.) The table of contents of this booklet includes: A page for fathers, Clothing, Baby's bath, Baby's weight, The Nursery, Exercise, Feeding the baby, Play, Training in toilet habits, "Average" development, A few first aid measures, Calling the doctor in case of illness, Watchfulness at all times, Sun baths, Sensible enjoyment, Birth record, Identification record, Record of doctors' visits, Immunization record, Weight and height record, Progress record, and Gifts. There is a small charge for this publication.

758-37

Clothing and Textiles

BETTER BUYMANSHIP. No. 8 Furs. Carol Willis Hyatt. (Household Finance Corporation, and Subsidiaries, 919 N. Mich. Ave., Chicago, Ill. 1934, illus.) This bulletin takes up and answers such questions as: What makes the wide differences in prices?; How should a furrier be chosen?; How are peltries dressed?; What protection is offered consumers?; What are quality indications?; What are some other guides to selection?; What are the guides to durability?

Clothing and Textiles

SPUN RAYON KNIT FABRICS. The application of one of the outstanding developments of the textile industry during 1936 to the knitting field. F. Bonnet. (American Dyestuff Reporter. Vol. 26, no. 8. April 19, 1937, pp. 206-207.) Among other factors discussed here in the comparison of spun rayon knit fabrics with those made from other fibers this article says, concerning the warmth of fabrics, "Given a fabric of the same thickness and construction so that the air spaces within the fabric are approximately the same, then the insulation or warmth of the fabric is the same whether it be made of wool, cotton, or cut staple since it is not the nature of the fibers which determines the warmth but the air spaces held within the fabric. When, however, such fabrics are washed and possibly ironed, the wool fibers have an inherent resiliency which causes the fabric to spring back essentially to its original state, whereas, the cotton and cut staple tend to crush, and the air spaces within the fabric are reduced causing the heat insulation or warmth to be correspondingly reduced."

Clothing and Textiles

CONSUMER KNIT GOODS, HOSIERY REQUIREMENTS. A discussion of knit goods wet processing from the consumer's viewpoint. Ephraim Freedman. (American Dyestuff Reporter. Vol. 26, no. 8, April 19, 1937, pp. 209-210. A list of things that consumers would like to have in the way of knit goods are given and discussed. The things wanted are: Roman-striped hose of cotton for their children, and Roman-striped polo shirts and caps, the colors of which will not stain during the washing process; Children's hosiery that does not shrink excessively; Bathing suit materials in light shades that disclose fairly good color permanence; Women's hosiery that offers better resistance to runs and snags; Dyed fabrics offering better resistance to perspiration; Men's rayon socks that do not bleed profusely; Cashmeres, camel's hair and fine wool sweaters that will not easily shed, mub, or rough up, particularly under the armpits; Moth-resisting finishes which are not removed by washing or drycleaning; Finishes that are really "splash resistant" after washing; Permanent water-repellent finishes; and, last but not least, Informative labeling.

Equipment

FIRE SAFETY IN THE HOME. (Consumers' Digest, Vol. 1, no. 2, February 1937, pp. 23-29.) This article says one reason that fire prevention precautions are not popular is that they are mainly expressed in the negative, such as children should never be left alone in the house, kerosene should not be used to kindle fires. It then mentions a number of causes of fires, and what to do in case of fire.

Equipment

BETTER BUYMANSHIP. No. 7. Kitchen Utensils. Edited by Burr Blackburn, Bernice Dodge, and Carol Hyatt. (Household Finance Corporation and Subsidiaries, Chicago, Ill., 1934, illus.) A bulletin which discusses the materials such as aluminum enamelware, glass, earthenware, china, iron, stainless steel and copper from which kitchen cooking utensils are made; also the sizes, shapes, construction, and care of such utensils.

Equipment

BETTER LIGHTING FOR WORKERS. Ferree, C. E., and Rand, G. (Person. J. 15:207-213, 1936. Abstracted in Child Development Abstracts and Bibliography. Vol. 11, no. 3, June 1937, pp. 262.) "The four most essential points of good lighting are intensity of illumination, freedom from glare, placement of light, and color of light. Individual differences must be taken into consideration, especially in regard to intensity. The elimination of glare can be accomplished by the use of glare baffles or a plurality of nonreflecting shades arranged so as to distribute the light evenly. Colorless light causes the least amount of discomfort. Of the colored light, yellow is the least harmful. Black letters on a white background cause the least fatigue; black letters on a yellow background come second."

Equipment

PAPERS. Comparison of the light from the high-intensity mercury vapor lamps and incandescent filament lamps for visual tasks. C. S. Woodside and Harris Reinhardt. (Transactions of the Illuminating Engineering Society. Vol. 32, no. 4, April 1937, pp. 365-378, illus.) Report of one of the number of studies on the comparison of light from electric lamps of different types, such as low-pressure mercury and sodium vapor lamp. This article describes the laboratory procedure in making the tests. There was found to be no significant difference between the mercury vapor lamps and the incandescent filament lamps except at the lowest intensity where the mercury vapor appeared to have a slight advantage. In the discussion it was contended that experienced users seem convinced that they prefer the illumination provided by mercury lamps "for reasons as ill-defined as their preference for certain room temperatures and humidities." This indicates that the illuminating engineer must take into consideration psychological and physiological factors as the air-conditioning man has had to do.

Personal

FUNDAMENTALS OF PSYCHOLOGIC GUIDANCE. Mental Hygiene in the Service of School and Society. Albert J. Levine. (Educational Monograph Press, 882 Linden Boulevard, Brooklyn, N. Y., 1936, 96 pp. The chapter headings of this book are: The discipline of systematic guidance; Qualifications of a counselor; Therapeutic procedures; The preliminary interview; The use of tests; The research interview; Objective and subjective aspects of tests; The adjustive interview; and the integrative interview. Do's and don't's for counselors; Do's for counselors; Don't's for counselors; Mental hygienists propose a psychologic basis for a new society. The author says this book is an attempt to supply the lack of synthesized principles and procedures in so many case histories used in psychologic guidance. It presupposes that the reader is familiar with a sufficient number of so-called cases to enable him to follow the discussions and to illuminate the resulting conclusions. He also says "since personal growth is, to a large extent, a product of social contact, the personal equation of the participants will continue to make for individuation of personalities." Although the book is directed particularly to parents and teachers many of the problems and facts presented are applicable in other situations.

Personal

CHILD-PARENT SOCIAL DISTANCE. Everett W. DuVall. (Sociology and Social Research. Vol. 21, no. 5, May-June 1937, pp. 458-463.) The children studied were between the ages of 12 and 17. About half were underprivileged while the remainder were considered "average." The results showed that conditions which classified children as underprivileged affected their relations with their parents. Adversely the average children were definitely closer to their parents. Culture conflicts created social distance between second generation children and their foreign-born parents. Girls of both groups were closer to their parents. Order of birth was not an important factor, but in the underprivileged group the eldest and among the average the youngest showed the greater nearness.

Personal

WHAT WILL YOU BE DOING AFTER FORTY? Alice Mary Kimball. (National Parent-Teacher. Vol. 31, no. 11, July 1937, pp. 10-11, 32, illus.) This article tells the methods and experiences of women who have looked forward and kept themselves in trim so that they would have a supplementary occupation to their home-making after their children have grown up. The value of such occupation being that then the mother feels no urge to dominate the lives of her children. The numerous pursuits she might follow like music teaching, painting, etc., are suggested.

Bender

United States Department of Agriculture
Extension Service
Washington, D. C.

No. 273 July 14, 1937.

TO HOME ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Extension "LET'S GO" SAY YOUTH GROUPS. Richard A. Perry. (The Farmer's Wife. Vol. 40, no. 8, August 1937, pp. 15, 28, illus.) An article telling what opportunities 4-H Club members may find in their own communities for programs, hobbies, and other constructive work.

Extension TWO POINTS OF VIEW. Editorial. (The Farmer's Wife. Vol. 40, no. 8, August 1937, pp. 3.) A report is made in this editorial of the conversation between two farm women about the future of Extension work for the rural home. One said, "The Extension Service still has plenty to do in helping us to run our homes more efficiently. I've had about as much of the work in foods, clothing, home furnishing and the like as any farm woman, but there is still a lot for me to learn in that field, and it is important that I learn it. I think that the Extension Service should stick to its row, and not go chasing into other fields, the field of cultural values. I want them. But we can get them outside of extension work, and we cannot get the fundamentals of home economics elsewhere." The other said that of course Extension should continue this work and that there are cultural values in learning to do a better job of running our homes and serving our families, but farm women need to learn something about art, music, literature, health, community development, and of national and world affairs, for this knowledge helps her to give greater service in her home and to her family. "As I see it", she said, "it isn't a question of giving up the old work, but of taking on some new things." The editorial then cites Illinois as one of the States in which these additional subjects have been chosen by the women.

Extension TWENTY-FIVE YEARS OF EXTENSION WORK WITH WOMEN. Madge J. Reese. (Agricultural Leaders' Digest. Vol. 18, no. 5, July 1937, p. 28.) A brief item telling something of the history of home demonstration work.

Food and Nutrition

SUMMER ON RESERVE. Helen Holloway. (Successful Farming. Vol. 35, no. 6, June 1937, pp. 54-55, 64-65, illus.) A general article on canning which condemns the open-kettle method of canning on the grounds that the cold-pack method retains more food values.

Food and Nutrition

NUTRITION. Editorial. (Medical Record. Vol. 145, no. 12, June 16, 1937, pp. 483.) An editorial which mentions the improvement in living conditions of today due to the outcomes of research in nutrition. It closes by saying that a well-fed population is an essential asset of a nation.

Food and Nutrition

NEW ESSENTIAL DIETARY FACTOR. C. A. Elvehjem, C. J. Koehn, Jr., and J. J. Oleson. (Journal of Biological Chemistry, Vol. 115, no. 3, October 1936, pp. 707-719.) A preliminary report of studies of an essential unnamed dietary factor which is distinct from other known dietary essentials. It occurs in liver, yeast, and milk.

Food and Nutrition

PROGRESS IN THE ART OF BAKING. Charles A. Glabau. (Bakers Weekly. Vol. 93, no. 13, March 1937, pp. 37-38, 48.) This article is a brief history of the baking art as it has been gleaned from excavations made in Pompeii, Rome, and Egypt.

Food and Nutrition

ELEMENTS OF FOODS AND NUTRITION. Dowd, Mary T. and Dent, Alberta. (N. Y., John Wiley and Sons. 1937. Pp. XIII + 279.) A textbook for high school students. It is not a recipe or cookbook but it explains in a simple way about the composition of foods and the body needs for different elements.

Food and Nutrition

LABORATORY HANDBOOK FOR DIETICIANS. Rose, Mrs. Mary Davies Swartz. New York, MacMillan Co., 4th ed., revised, 1937, pp. XI + 322.) The first 56 pages of this book explain how to calculate nutritive values of diets and recipes and the dietary requirements of human beings for different essential elements. The remainder of the book is made up of tables of food values.

Food and Nutrition

THE FAMILY'S FOOD. Faith Lanman Gorrell, Hughina McKay and Frances Zuill. (J. B. Lippincott Co., Philadelphia. 1931, revised, 1937. pp. X + 630.) This is a textbook for students of the high school level. The sections of the book are Planning and preparing three meals a day; Methods and standards in preparation of food; Food management; and Food and Health. This book is a completely rewritten and reset text of the author's earlier work of the same title.

Management

FOOD-BUYING PRACTICES--A SYMPOSIUM. (Journal of Home Economics. Vol. 29, no. 6, June 1937, pp. 377-382.) This article tells in two short reports, one by Augusta Jannett and Maude Williamson and one by Margaret E. Riegel, how purchasing habits of homemakers differ in different regions of this country. In Texas two-thirds of the rural families bought food supplies weekly, less than half the women appeared to be guided by advertising labels, and many lacked information concerning the grading of foods. Less than half watched the scales when their purchase was weighed. In Pennsylvania few women admitted that they were influenced by advertising. Most buying was done by brand rather than grade. Much ready-prepared food was purchased, and this investigator says "It seems also that we might well recapture an appreciation of the savor of home cooking."

Management

THE CONSUMER MOVEMENT AND THE FARMER. Donald E. Montgomery. (Rural America. Vol. 15, no. 2, February 1937, pp. 11-14.) This article points out that one of the advantages of consumer cooperatives is that the good will of the customers does not have to be purchased by the many means used by business firms through advertising. However, to succeed, the members of a cooperative must keep up an active interest in it.

Management

HOME EQUIPMENT PURCHASES STIMULATED BY RISING INCOMES. Ruth Crawford Freeman. (Agricultural Leaders' Digest. Vol. 18, no. 5, July 1937, pp. 40.) A brief report of a study of buying by farm families which says that the major share of this past year's increased income went mainly for fixing up the home.

Management

BETTER BUYMANSHIP. No. 18. Dinnerware. Martha B. King. (Household Finance Corporation and Subsidiaries, 919 N. Mich. Ave., Chicago, Ill. 1936, pp. 26, illus.) A bulletin which discusses common earthenware, semivitreous chinaware, china, and porcelain.

Management

DECLINE AND RISE OF THE CONSUMER. Horace M. Kallen. (D. Appleton-Century Co., New York. 1936, pp. XX + 484) Some of the chapter headings of this book, which is divided into two parts, "The Producer's World" and "The Economist of Freedom", are: Consumer defense in the producer world; Money, credit, and the consumer; The organized consumer as employer; Education in the cooperative movement; Consumer economy and its rivals; and Helps and hindrances toward consumer economy.

Organization

SCIENTIFIC METHOD AND GROUP DISCUSSION. Philip Paul Wiener. (Journal of Adult Education. Vol. 9, no. 2, April 1937, pp. 136-140.) This is a general discussion of scientific methods and group forms or discussion. It tends to picture how the scientific mind works and says that laymen, aside from the utilities and comforts produced by applied science, has no avenue of contact with the scientific mind. However, scientific method is nothing more than an expression of human intelligence, systematically disciplined in the precise formulation and painstaking verification of hypotheses. Of the discussion he says many persons are discouraged by the fact that discussion so often multiplies rather than resolves uncertainties, problems, and conflicts of opinion and leaves a doubt in the minds of both laymen and educators as to its value. Another group of educators, however, believes that it is most useful in every phase of adult education. It offers many values of psychological or social significance other than learning and knowing. People attend group discussions to follow the example of their neighbors, to share in the community program, to keep warm, to enjoy a display of wit, or to see and hear a famous person with engaging manners. Comparing scientific method with group discussion the author says both begin and end with unresolved problems and new issues. The author seems to look on discussion as a means of integrating our technical and our social inheritance, and he closes by saying, "Through the critical discussion of vital issues, intelligence can renew its social lifeblood and thus redeem itself."

Social

HANDICRAFT AND RECREATION. Ernst Harms. (Recreation. Vol. 31, no. 4, July 1937, pp. 243-244 and 265.) This article discusses the psychology of recreation and the therapeutic value of handicraft. It says there is something to recreate in our being which cannot be done by sleep, food, rest, or vacations - for modern living injures something in us that needs a kind of healing, and for this reason we need a systematic and scientific therapy which is able to rebuild and recreate physical and mental deterioration. Handicraft is an important means to this end, particularly that which requires working with the hands.

Social

PRIVATE RURAL SOCIAL WORK. (Mountain Life and Work, Vol. 13, no. 1, April 1937, pp. 17.) This article is a general discussion of rural social work which includes the effects of the depression, recent development in public work, private rural social work, and qualifications in training of workers in rural areas. Of private rural social work the author says: "The National Recreation Association maintains a variety of rural services offered mainly through the Extension Service of the United States Department of Agriculture. School centers and community centers are also being increased through the efforts of certain of these agencies and the action of State educational authorities."

Beale
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United States Department of Agriculture
Extension Service
Washington, D. C.

No. 274 July 21, 1937.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Equipment

BETTER BUYMANSHIP. No. 10. Floor Coverings. Carol Willis Hyatt. (Household Finance Corporation and Subsidiaries, 919 N. Mich. Ave., Chicago, Ill., 1934, pp. 26, illus.) This bulletin tells how to select appropriate colors and designs in floor coverings, to measure floors, and to judge the quality of carpets and other floor coverings. Illustrations show the construction of different types of rug materials. The bulletin also gives directions for the care and cleaning of carpets and rugs and the laying and care of linoleum.

Equipment

ELECTRICITY IS ON THE WAY. Carroll P. Streeter. (The Farmer's Wife. Vol. 40, August 1937, no. 8, pp. 7, 12, 30. illus.) This article tells what is happening in rural electrification in the United States and predicts what is likely to happen in the near future. It says 1,000,000 farm homes now have electricity from high lines and the second million will be hooked up within the next 10 or possibly 5 years, and in addition tens of thousands of other farm homes will install their own generating plants and some excellent appliances which do not require electricity at all. This means that in the near future about one-third of the farmer families of the United States will have high-line electric service. The author says, "In the meanwhile the other two-thirds need not go without good appliances, for farm generating plants, mechanical refrigerators, power washing machines, lamps, stoves, and many other appliances not requiring electricity are now excellently designed for farm use."

Equipment

ELECTRIC EQUIPMENT CAN BE OPERATED WITH ECONOMY. B. A. Jennings. (Agricultural Leaders' Digest. Vol. 18, July 1937, no. 5, pp. 16.) A short item telling what factors affect the cost of operating electric equipment. Some of these are: The depth of a well or the condition of valves on the operation of a pump, the distance of water heaters from the places where the water is used, and how much the refrigerator or the oven doors are left open.

Clothing and Textiles — UNSHRINKABLE WOOL PROCESS. (Textile Research. Vol. 7, July 1937, no. 9, pp. 349-354.) This article describes one of the processes being used to make wool unshrinkable. It describes the effects of this and various other processes on the structure and wearing qualities of fibers and fabrics treated. Most methods seem to be detrimental to the wearing qualities of fabrics so treated.

Clothing and Textiles — BETTER BUYMANSHIP. No. 9. Wool Clothing. (Household Finance Corporation and Subsidiaries, 919 N. Mich. Ave., Chicago, Ill., 1934. pp. 21, illus.) This bulletin discusses: How to judge wool fibers; How to judge wool fabrics, How to judge tailoring, knit wool garments, Care and laundering of wool fabrics, and testing quality.

Clothing and Textiles — UNSHRINKABLE FINISH FOR WOOL. (American Wool and Cotton Reporter. Vol. 51, June 24, 1937, no. 25, pp. 11-12, 39.) Unshrinkable finish for wool may damage the wool, says the author of this article, and there is need for a discovery of some method of making wool unshrinkable that could not damage the fibers. The different methods for making wool unshrinkable now in use are described.

Clothing and Textiles — FULL-FASHIONED HOSIERY. An article presenting the subject of the manufacture of hosiery which should prove of interest to the wet processor as a source of general information. A. L. Brassell. (American Dyestuff Reporter. Vol. 26, April 19, 1937, no. 8, pp. 211-214, illus.) How hosiery is manufactured is explained in this article under the following headings: Types of hosiery, Yarns used in full-fashioned stockings, Construction of yarn, Recommended minimum-twist requirements for hosiery designated as "Crepe", Classification of full-fashioned hosiery as to service, Texture of fabric, Dull appearance in stockings, Size of stockings, Construction of hosiery, other special hosiery features. The illustrations are good.

Clothing and Textiles — DAMAGE IN PERBORATE BLEACHING--FOLLOWING PERMANGANATE. (National Cleaner and Dyer. Vol. 28, May 1937, no. 5, pp. 34.) An article discussing damage due to use of perborate bleaching solution and of permanganate on wool, and how these agents should be handled to get a satisfactory bleach without damage to the material. The importance of thorough rinsing is emphasized.

Clothing and Textiles — A LITTLE LEATHER LESSON. Paul I. Smith. (National Cleaner and Dyer. Vol. 28, May 1937, no. 5, pp. 50-51, 84, illus.) Instruction is given for cleaning various kinds of leather articles, and especially gloves. It is written for the commercial cleaner, but from it others can learn about the processes of preparation of leathers and how to care for them.

Education

AN EVALUATION OF THE PROJECT METHOD. H. L. Tate. (Elementary School Journal. Vol. 37, 1936, pp. 122-132. Abstracted in Child Development Abstracts and Bibliography. Vol. 1, June 1937, no. 3, pp. 255.) "In this experiment two second-, fourth-, and eighth-grade groups, respectively, were equated on the basis of numbers, age, intelligence, and achievement. The experimental groups engaged in projects (the project method is defined) for one semester; the control group, in each grade, was instructed by the same teacher who conducted the project work of that grade. 'In the control groups the subject matter covered was confined to the same ground over which the experimental groups had advanced. The teacher was privileged to use every teaching device at her command except the project. She could drill, review, provide individual instruction,' etc. In the experimental group 'teacher participation was to be kept to the absolute minimum.' Results of tests given weekly and at the end of the semester indicated that children taught conventionally attained a somewhat greater level of academic achievement and retained more material than did children taught by a project method in which teacher guidance, assistance, supervision, direction, and evaluation were largely lacking."

Education

THE PREPARED MIND. Abraham Flexner. (School and Society. Vol. 45, June 26, 1937, no. 1174, pp. 865, 872.) In this address the author uses the theme that "chance favors the prepared mind." He says nothing is funnier than the catalogs of most American institutions, for they teach much that can be learned through application of common sense. He then speaks of courses in cooking, research on subjects dealing with dishwashing, bacteria on men's undershirts, and freezing ice cream as examples. He says such subjects have tended to crowd out the higher education which prepares the mind.

Education

THE PHILOSOPHY AND SOCIAL SIGNIFICANCE OF ADULT EDUCATION IN A DEMOCRACY. (Journal of Adult Education. Vol. 9, June 1937, no. 3, pp. 265-301.) This article deals mainly with adult education as presented in discussion. One speaker said it must be carried on "at the grass roots with individuals who are to be served." Human beings are not problems, instead, human beings have problems, and these must be understood; and we must discover what people think will hold satisfaction for them. A conclusion reached was that the educator's job is to be astute about what people want and enable them to see a little more clearly what fundamentally they do want, such as, "learn the job a little better, make books come alive, have the chance to get some of the selected knowledge that a museum presents, have the civilizing opportunity of swapping ideas quite tolerantly and freely."

Child — THE CHILD WHO "TAKES THINGS." Anne Trolan Brekus. (National Parent-Teacher. Vol. 31, June 1937, no. 10, pp. 12-13, 31-33.) An article on how to teach children property rights, in cases where children claim other children's toys, in cases where parents forget children's right and take things without asking for them, of the child who really steals, and when jealousy or revenge is the cause of stealing.

Child — HOW TO OBSERVE YOUNG CHILDREN. Lovisa C. Wagoner. (Childhood Education. Vol. 13, May 1937, no. 9, pp. 422-425.) An article helpful to teachers and others interested in child development. It explains what observation is, its purposes, preparation for and methods of observing, importance of notes and types of observers.

Child — BEGINNERS' BUDGETS. Gladys Denny Shultz. (Better Homes and Gardens, Vol. 15, May 1937, no. 9, pp. 40, 146-148.) Children's allowances are discussed in this article, pointing out how a child learns to invest in better buys and to save for some special article. The results of a well-managed allowance were honesty; for he never took what did not belong to him, he learned to stay within his income, to forego small immediate satisfactions for larger ones in the future, and to decide things for himself.

Child — THE SANE WAY IN SEX TEACHING. Frances Bruce Strain. (The Parents' Magazine. Vol. 12, June 1937, no. 6, pp. 23, 44, 66-68.) This article urges that parents be truthful and natural when answering children's questions regarding sex. Questions should be answered at the time they are asked, not too completely nor too briefly, but just enough to satisfy the child. Avoid sentimental answers and expect the same questions to be repeated from time to time. Samples of answers to questions are given.

Child — LEAD POISONING IN CHILDREN. (The Journal of the American Medical Association. Vol. 108, June 19, 1937, no. 25, pp. 2160.) A brief item that points out the fact that children may get lead poisoning from biting or licking sides of enameled cribs, painted furniture, and even walls, and that a few rubber gloves and aprons contain lead elements.

Child — STUDIES IN CHILD WELFARE. STUDIES IN INFANT BEHAVIOR. An investigation of Conditioned Feeding Responses and Concomitant Adaptive Behavior in Young Infants. Ruth Wildenberg Kantrow. (University of Iowa Studies. Vol. 13, July 1,1937, no. 3, pp. 64.) This bulletin reports a research project in child behavior in which very young infants were tested. These infants less than 4 months old demonstrated some characteristics of intelligent behavior.

Beaker
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United States Department of Agriculture
Extension Service
Washington, D. C.

No. 275 July 28, 1937.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith reference to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Personal GOOD MANNERS FOR PARENTS. Mary Perin Barker. (National Parent-Teacher. Vol. 31, June 1937, no. 10, pp. 36-38.) This article stresses the importance of teaching the why-for of good manners as well as what to do to be good-mannered and tells some of these reasons. Some are mercenary, and others stress the satisfactions that come from knowing that you know. It also calls attention to the importance of their becoming automatic, for they are the means of smoothing the path of life and carrying all the amenities of fine living in which practice makes perfect. A woman's own attitude toward others, her friendliness, and courtesy will positively be reflected in her children.

Personal GETTING ACQUAINTED WITH CHILDREN. Ernest R. and Gladys Hoagland Groves. (Parents' Magazine. Vol. 12, July 1937, no. 7, pp. 17, 40-41.) The authors of this article say that parenthood is no guarantee that a person can get along with other people's children, and that placid voices, poise, and tactful friendliness do help in getting along with them. Doing something with the hands is interesting to children, so children generally like workmen such as carpenters.

Personal THE RELATION BETWEEN SOCIAL AND PERSONAL DISORGANIZATION. Paul Schilder. (The American Journal of Sociology. Vol. 42, May 1937, no. 6, pp. 832-839.) An article which says that experiment by trial and error in the social world is essential to the best psychological development of the child. Early deprivations and intimidations which prevent such experiments lead to faulty adaptations and to neuroses. Wrong attitudes will be transmitted from the maladjusted parent to the children.

Food and Nutrition — ICE CREAM. A great American Pastime. (Consumers' Digest. Vol. 2, July 1937, no. 1, pp. 6-8.) An article which advocates the avoidance of ready-made mixtures for use in the making of ice cream at home and which discusses the shortcomings of some manufactured ice creams. It says that public health regulations are not, but should be, as strict about the handling of ice cream as of milk.

Food and Nutrition — EDITORIAL REVIEW. The Nutritional and Metabolic Significance of Certain Organic Acids. Arthur H. Smith and James M. Orten. (The Journal of Nutrition. Vol. 13, June 10, 1937, no. 6 and supplement, pp. 601-633.) Report of a study made at Yale University School of Medicine. It discusses information available on the fate of ingested organic acids and their behavior under different physiological and pathological conditions. Those discussed are tartaric, malic, citric, oxalic, aromatic organic and other organic acids.

Food and Nutrition — THE NUTRITIONAL SIGNIFICANCE OF THE CURD TENSION OF MILK. (The Journal of the American Medical Association. Vol. 108, June 19, 1937, no. 25, pp. 2122-2123.) A discussion of experimental evidence of the relation of curd tension to the digestibility of milk. The summary says, soft curds in milk are well tolerated and well utilized by infants and older persons, that such milk leaves the stomach more quickly, and digestion takes place more quickly. This is not proof that such milk is better or more completely digested than ordinary boiled milk.

Food and Nutrition — COUNCIL ON FOODS. (The Journal of the American Medical Association. Vol. 109, July 3, 1937, no. 1, pp. 30-31.) The conclusion of this article says after citing the results of various studies that there is no good evidence for the existance of a decalcifying factor in cereals, that the hypothesis of the existence of such a factor is not needed to explain experimental results, and that there appears to be no necessity at the present time to irradiate cereals or to add vitamin D substances to cereals intended for general human consumption.

Food and Nutrition — COUNT THE SPORES. (Food Industries. Vol. 9, April 1937, no. 4, pp. 178-180, illus.) This is a report of a study made for bakers to discover in what ingredients of bread are found spores of rope which may contaminate the bread. The steps in the experiment are described. Spores were found in yeast. Malt extracts also proved to be dangerous sources of rope infection. No evidence of rope spores was found in milk products, salt, and water. Molasses and sugar have shown some small number of them.

Housing THE SCOPE OF HOUSING IN HOME ECONOMICS. Maud Wilson. (Journal of Home Economics. Vol. 29, June 1937, no. 6, pp. 361-366.) This paper has attempted to show the ways in which home economists can participate in bringing about decent housing for all Americans by setting up standards for goods and services and by training consumers to know and demand quality.

Housing PLANNING FARMS AND FARM HOMES IN RESETTLEMENT. Edwin R. Henson. (Journal of Home Economics, Vol. 29, June 1937, no. 6, pp. 367-371.) This article calls attention to the fact that standards for farm homes can be too ambitious when the farm income is given consideration. It then describes the objectives of the Resettlement Administration, what it is attempting to accomplish in its work in housing, and how it is attempting to accomplish its work in housing.

Housing HOW DRY I AM. Carl Sigman and William J. Ward, Jr. (Better Homes and Gardens, Vol. 15, May 1937, no. 9, pp. 34-35, 106-107, illus.) This article explains how basements may be made waterproof. Concrete floors to basements, it says, should be at least 4 inches thick to prevent cracking, and footing drains are important and should be supplied before any waterproofing is done.

Housing YOUR HOUSE MAY HAVE TERMITES. Albert G. Ingalls. (Scientific American. Vol. 156, May 1937, no. 5, pp. 307, illus.) An article which tells how to determine whether or not termites are working in a house and that when termites are discovered, about 10 days should be taken to learn all about them and their control before doing anything to control them.

Housing THE PHYSICAL EQUIPMENT OF HOMES IN RELATION TO THEIR RESIDENTIAL HOLDING POWER. J. L. Hypes. (Journal of Home Economics. Vol. 29, June 1937, no. 6, pp. 397-404, illus.) The summary of this article says, "This study of 616 rural homes in six Connecticut towns seems to indicate that the physical equipment of these homes has a direct bearing upon the residential holding power of these homes over children 16 years of age and older. With both boys and girls, the tendency to leave home is strongest when the home equipment is notably bad; but there is also a slight tendency for boys to leave and a marked tendency for girls to remain in the best-equipped homes. Obviously, if parents wish to prolong the residence of their young people, and particularly of their daughters, under the paternal roof, their homes must measure up well as to equipment for convenience, comfort, and health."

Clothing and Textiles — FASHION CREATORS HOLD ORGANIZATION MEETING. (Women's Wear Daily, Vol. 54, June 9, 1937, no. 111, pp. 4.) A brief item which says ways and means of getting better recognition for American designers and to get them to help the newcomers in the designing of dresses was discussed at a metting of the fashion creators of America recently, and the decision was made that manufacturers should be acquainted with the talent developing as a result of the widespread study of designing.

Clothing and Textiles — HYDROGEN PEROXIDE BLEACHING. Effect on the wool fiber. (The Wool Record and Textile World. Vol. 51, May 20, 1937, no. 1462, pp. 31, 38-39.) This article explains how hydrogen-peroxide bleaching injures wool fibers. "Probably the majority of technicians using peroxide bleaching processes believe that these are quite harmless to wool, and no doubt under normal conditions this belief is well-founded. It is interesting to observe, however, that in a recent issue of the 'Journal' of the U. S. A. Bureau of Standards an account is given of investigations designed to determine the effect on the strength of material submitted to hydrogen-peroxide bleaching. It is pointed out that in certain circumstances wool so treated is modified to a fairly serious degree, and that in this state it may be susceptible to attack by other agents."

Clothing and Textiles — BETTER BUYMANSHIP. No. 21. Gloves. Louise Lund. (Household Finance Corporation and Subsidiaries, 919 N. Mich. Ave.,Chicago,Ill., 1936, pp. 20, illus.) This bulletin tells how gloves are made, beginning with the selection and tanning of the hide and ending with the finished article, and how to fit and care for them.

Clothing and Textiles — WOOL AND MOHAIR. Werner Von Bergen. (American Dyestuff Reporter. Vol. 26, May 17, 1937, no. 10, pp. 271-279, illus.) This article describes the characteristic features of wool and mohair including physical properties, microscopical structure, chemical properties, and manufacturing processes. A discussion of this paper follows which brings out future points including some pertaining to mixing wool with rayon and mothproofing.

Clothing and Textiles — THE DURABILITY OF COTTON GARMENTS AS AFFECTED BY LAUNDERING AND WEAR. Adella Eppel Ginter, Katie Adkins, Suzanne Davison, and Sophie Pearlmutter. (Journal of Home Economics, Vol. 29, May 1937, no. 5, pp. 326-332, illus.) A study of wear by washing and use of cotton muslins that showed that price per yard has little relation to durability, and that garments wear out faster from body wear than from laundering.

United States Department of Agriculture
Extension Service
Washington, D. C.

No. 276

August 4, 1937.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Housing — A TECHNIQUE FOR PLANNING COMPLETE COMMUNITIES. Albert Mayer. (The Architectural Forum. Vol. 66, February 1937, no. 2, pp. 126-146, illus.) This article contains plans of eight types of house, and plans for variations of them. The percentage of houses of various sizes is also given.

Housing — 1937 SMALL HOUSE PREVIEW. (Architectural Forum. Vol. 65, November 1936, no. 5, pp. 406-420, illus.) This is a compilation of data procured from 11,207 replies to a questionnaire in which people set down in detail what they want in a house. There is a universal demand for more closet space and more electric "outlets." There is a demand for larger windows and better lighting arrangements. "For the living room, floor and table lamps preferred, with indirect and built-in fixtures required in a large percentage of cases."

Housing — MORE ROOM FOR LIVING. Editorial. Helen Sprackling. (The Parents' Magazine, Vol. 12, July 1937, no. 7, pp. 46.) This brief article advocates less room and more space in housing attained by eliminating useless halls, nooks, and rigid partitions, and that walls be movable. It says bedrooms must be arranged to be used as sitting rooms to give opportunity for privacy.

Housing — BRITISH AND AMERICAN HOUSING. R. L. Reiss. (The Social Service Review. Vol. 11, June 1937, no. 2, pp. 195-215, illus.) A comparison of welfare work and housing in the British Isles with that in America. It pertains mainly to problems of urban housing.

Food and Nutrition — THE ALICE BRADLEY MENU-COOK-BOOK, April, May, June. Alice Bradley. (The MacMillan Co., N. Y., 1937, pp. XVI - 247.) This is a cookbook in which menus are printed for a week, recipes for the various dishes used are given under that day, a market order for weekly shopping is included along with suggestions for additional purchases to be made during the remainder of the week.

Food and Nutrition — THE RELATIVE POTENCY OF VITAMIN D FROM DIFFERENT SOURCES. E. Margaret Hume, (Nutrition Abstracts and Reviews, Vol. 6, April 1937, no. 4, pp. 891-901.) This is a report of vitamin standardization work. The general summary says, "After examining the evidence there can be no doubt that the discrepant behavior of rats and chickens towards vitamin D in cod-liver oil and irradiated ergosterol is due to a chemical difference in the vitamin as present in these two sources. Further, these two are not the only forms of vitamin D in existence, for several other well-authenticated forms have been prepared in the laboratory, and it is also more than probable that even the vitamin as present in natural sources is not always the same chemical substance. This fact is not yet, however, fully established." As far as human beings are concerned, standardization of vitamin D against irradiated ergosterol in tests with rats seems to be a satisfactory method of procedure.

Food and Nutrition — THE THIEF IN THE BREAD BOX. Olive B. Harrison. (The American Home, Vol. 17, April 1937, no. 5, pp. 124-125.) An article on combating mold in bread. It stresses the fact that mold starts to grow a good many hours before it becomes visible to the naked eye and the threads of the spores have become an inch or two long, and the importance of keeping the bread wrapped at all times down to the last slice. Do not replace slices of bread once removed from the package as they will bring in mold spores.

Food and Nutrition — ARE YOU PREPARED FOR CANNING? Martha McPheeters. (The Progressive Farmer. Vol. 52, March 1937, no. 3, pp. 43.) An article telling how to be prepared for the canning season.

Food and Nutrition — HOW EQUIPMENT AFFECTS SPOILAGE OF CANNED PUMPKIN. E. J. Cameron. (Food Industries. Vol. 9, July 1937, no. 7, pp. 372-374, illus.) The author says "Buyers usually prefer the dry canned pumpkin shown on the left. Nevertheless there is more of the original pumpkin in the wet pack. Pressing the wilted pumpkin will eliminate much of the surplus juice and give a product like the center picture, or even dryer. But juice-removing operations have the effect of complicating the spoilage hazards." He then tells how each kind of pack is prepared.

Clothing and Textiles — A NEW UNSHRINKABLE FINISH FOR WOOL. (Textile Mercury and Argus. Vol. 116, April 2, 1937, no. 2506, pp. 343-344.) This article discusses a new process that is being tested to prevent wool articles from shrinking.

Clothing and Textiles — BATHING SUITS. (Women's Wear Daily, Vol. 54, June 30, 1937, no. 126, pp. 10.) An article which suggests the care that should be given bathing suits and how the manufacturers should put instructions for their care on labels. It says in part, "The instructions on cleaning should not only be emphasized but the customer should be advised to rinse out her suit in suds after each swim if possible, particularly after swimming in pools, since their chlorine is a deadly foe to any fabric -- not only to elastic fabric models." "As to which type of suit wears the best. Naturally all depends upon quality, but a wool-knit fine grade model is generally conceded most dependable. Any snug fitting suit, whether rubber, wool knit or elastic fabric, with non-slip shoulder straps will give all the freedom of action any swimmer but a professional needs."

Clothing and Textiles — NON-SLIP FINISH ON RAYON FABRICS. H. C. Borghetty. (American Dyestuff Reporter. Vol. 26, May 17, 1937, no. 10, pp. 268-269.) This article describes the bonding together of warp and filling threads to give a non-slip finish to rayon. The bonding material used is flexible. This finish is being used on fabrics for linings, and is made of a solution of synthetic resin.

Clothing and Textiles — RAYON STAPLE FIBER. H. W. Rose. (The American Silk and Rayon Journal. Vol. 57, May 1937, no. 5, pp. 11-12,35.) This article tells how rayon staple fiber is made and is suited to blend with other textile fibers in cloth for wearing apparel.

Clothing and Textiles — BETTER BUYMANSHIP. No. 5. Silks and Rayons, Carol Willis Hyatt. (Household Finance Corporation and Subsidiaries, 919 N. Mich. Ave., Chicago, Ill., 1934 illus.) This bulletin takes up the subjects of kinds of silk and kinds of rayon and the meanings of labels. It recommends dry cleaning instead of washing fabrics of these materials and says that curtains made from synthetic fibers should not be stretched and pinned on frames.

Health

FUNDAMENTALS OF BACTERIOLOGY. Martin Frobisher, Jr., (W. B. Saunders Co., Philadelphia, 1937, pp. 474. illus.) This book on bacteriology tells among other things how bacteria helps in the preparation of certain foods like coffee, sauerkraut, cocoa, cheese of different kinds, also in tanning leathers, and the preparation of vegetable fibers, for example, hemp. In another chapter it discusses the transmission of diseases and sanitary measures to be taken in the home and elsewhere. Under Specific Infections it discusses food poisoning due to clostridium and botulism. It tells how to handle food to avoid digestive trouble.

Health

CLIMATE. (The Journal of the American Medical Association. Vol. 109, July 3, 1937, no. 1, pp. 34.) A short item commenting on the effect of climate on health. It says the relation between temperature and humidity is of practical importance. In general, moist air is depressing and enervating while dry air is stimulating; also, cold air is tonic and warm air relaxing.

Health

KEEPING COOL IN HOT WEATHER. Margaret House Irwin. (National Parent-Teacher. Vol. 31, July 1937, no. 11, pp. 15-16, illus.) An article containing many general ideas for avoiding discomfort during hot weather. These include cautions about physical exertion, clothing, eating and drinking, and sanitation.

Health

BETTER BUYMANSHIP. No. 12. Cosmetics. Carol Willis Hyatt. (Household Finance Corporation and Subsidiaries, 919 N. Mich. Ave., Chicago, Ill., 1936, pp. 29, illus.) This bulletin discusses the prices asked for cosmetics, their effects on the skin, allergy, skin conditions, make-up preparations, and hair removal.

Health

HEALTH QUESTIONS ANSWERED. William Waldo Bauer. (Ind. Bobbs Merrill, 1937, pp. XI - 368.) This author has collected a large number of questions as to our health and the answers given by the American Medical Association, Hygeia, and the U. S. Public Health Service, and some found by consultation with outstanding physicians. The chapter headings are: Skin, complexion, hair; Food, diet, nutrition; Weight; Constipation; General hygiene; Mental hygiene; Heart, blood vessels, blood; Poisonings; Contagious diseases; General diseases; Doctors and people; Public health; The strange and the unusual; Organizations dealing with nursing and public health.

Beale

SEP 8 - 1937

United States Department of Agriculture
Extension Service
Washington, D. C.

No. 277 August 11, 1937.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith reference to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Extension

THE ARTS WORKSHOP OF RURAL AMERICA. Marjorie Patten. (N. Y. Columbia Univ. Press, 1937, pp. V+202.) A study of the rural arts program of the Agricultural Extension Service. This is a general survey which includes discussion of dramatic events, musicals, hobbies, arts and crafts, exhibits, and radio programs in the extension program. In conclusion it says, "Extension Service has built its program on a sound educational basis.... The rural arts are varied as the flowers in an old-fashioned garden."

Organization

THE LIMITS OF DISCUSSION. Lyman Bryson. (Journal of Adult Education. Vol. 9, June 1937, no. 3, pp. 261-264.) The author says that discussion must be critical to be really useful; there is danger of its being discursive and lacking focus; and that verification, which is the last stage in scientific procedure, is seldom possible in a group. Verification comes when any of the members or the group undertakes to do something. Discussion can explore and develop only certain kinds of material successfully. Facts that have already been established are not the proper subject of discussion. "Discussion is not a substitute for learning directly whatever can be directly learned. Discussion produces a 'consciousness of kind' so promotes democracy as an instrument of government and of education for government it has a superior power. It is also, ordinarily, a stimulus. Public discussions disturb complacency. The scientific process and the self-governing process are equally powerless if no questions can be asked." When men are forbidden discussion they "lose the desire to know much about those things which are their own and their nation's business."

Organization

RECENT PROGRESS IN HEALTH EDUCATION. W. P. Shepard. (American Journal of Public Health and the Nation's Health. Vol. 27, May 1937, no. 5, pp. 454-463.) This article outlines a program of health education to be directed and administered by the Public Health Service.

Child

FEEDING, DIET, AND GENERAL CARE OF CHILDREN. Albert James Bell. (New York: G. P. Putnam's Sons. Third Revised Ed., 1936, pp. IX+316, illus. 7.) The chapter headings of this book are: Breast-feeding--I; Breast-feeding--II; The infant's well-being; Weaning; Ailments of the breast-fed infant; Care of the premature infant; Artificial feeding; Modification of cow's milk; Feeding formulas--I; Feeding formulas--II; The preparation of the mixture; Methods of heating and sterilizing milk; The bottle-fed infant; Other foods in the first year; Feeding during the first year; Feeding after the first year; The school lunch; Taking care of the baby; What the nursery should be; The developing child; Health education for children; Some aspects of behavior in early childhood; Various affections often seen; Affections of the gastro-intestinal tract; Affections of the respiratory tract; Tuberculosis in childhood; Affections of the bladder; Kidneys, and external genital organs; Some affections of nervous origin; Affections of the heart; Nutritional disturbances; Contagious diseases--I; Contagious diseases--II; Contagious diseases--III; Contagious diseases--IV; Dentistry; Special procedures; Measures during illness; Fractures and deformities; Emergency treatments; Tables of food values; Food preparations and solutions.

Child

BAD HABITS IN GOOD BABIES. Part I. Herman M. Jahr. (Hygeia. Vol. 15, August 1937, no. 8, pp. 696-699.) The difficulties discussed as bad habits in good babies in this article are crying, thumb sucking, and head rolling. Excessive crying is one of the first manifestations of troublesome behavior. It is used by children who quickly sense it as a means of ruling others about them. Night crying is due to the fact that the child is not sure of his status at that time. If the parent understands the distinction between such crying and normal crying she soon can control the situation and with indifference teach the child that such behavior does not help him any. The thumb sucking is a little more difficult to control, and some parents often attribute the innocent pleasure of thumb sucking to early manifestation of sex perversion. The parent who so attributes this has great difficulty in controlling the habit, for the gravity with which such a mother views this habit usually robs her of her self-confidence, and her overanxiety gives the child an effective method for attaining power and attention. Diversion of interest through suitable toys or play will usually accomplish more in the way of prevention than any restraining method known. Head rolling may be an outgrowth of rickets, or the beginning of it may be due to discomfort from some minor disease. One of the early symptoms of rickets is sweating about the forehead. This will cause the child to turn his head from side to side in an effort to wipe the moisture on the pillow or sheet. The restlessness resulting brings attention so that he finds a new way of getting more attention. Head rolling may also be caused by faulty focusing of the eye muscles. Early remedy of these difficulties is desirable to prevent head rolling becoming a bad habit.

Food and Nutrition

EAT, DRINK AND BE WARY. F. J. Schlink. (N. Y. Covici, Friede, Inc. 1935, pp. XI+ 322.) The author says that this book is dedicated to those fortunate members of America's population whose income permits them to eat what they need and whose aid is bespoken to get both quantity and quality of food for those who are hungry. The table of contents includes: Misinformers (this refers to the business and hired scientists, and women's magazines), Bigger profits and more people sick, Refined foods for over-refined people, The home economists add to the confusion, and topics relating to various food facts.

He discusses the adulteration of food, urges the use of meat, and that people get foods as nearly in their natural state as possible, from the source of supply, and unprocessed. The author then criticizes the work of nutritionists who he says, get behind the propaganda for increased use of milk and other protective foods and spend so little of their effort in behalf of a diet complete enough and natural enough to meet most protective measures.

He says that home economists "are much to blame for the vogue for raw fruits and vegetables and the excessive use of salads", and that the Bureau of Home Economics of the Department of Agriculture sends out a running file of mimeographed bulletins and releases urging the feeding of more raw stuff to children and grown-ups. He says, "This blithe carelessness with the health of their clientele is all too typical of home-economics workers, not only in the Government departments in Washington, but also in universities, experiment stations, and other institutions where economics courses are given and pamphlets and bulletins are written.....Home Economics neither is an honest art of cookery, based, as all great arts are, upon the experience and tradition of the race, nor does it exemplify the beginnings of a genuine science of food supply." He also criticizes many of the subjects taught by home economists.

Food and Nutrition

THE TRUTH ABOUT ACIDOSIS. James A. Tobey. (Hygeia. Vol. 15, August 1937, no. 8, pp. 693-694.) This article says that the average eater may forget about acidosis, which is different from an acid stomach. In the case of an acid stomach he should eat a blended diet using milk, cream, strained vegetables and fruit and other smooth foods. The other control for the prevention of true acidosis, which rarely occurs, is to build the diet around protective foods such as milk, dairy products, fruits, eggs, green and yellow vegetables; and when you have eaten what you should and enjoyed doing it, the remainder of the daily fare may be left to the whims of the appetite provided you consume no more than you actually need for body requirements.

Food and Nutrition

WHAT'S NEW IN NUTRITION. Milicent L. Hathaway. (Journal of Home Economics. Vol. 29, May 1937, no. 5, pp. 301-306.) An article outlining the results of discoveries in nutrition made during the past year - such as those regarding the actual nutritive value of spinach, some causes of differences in the amount of vitamins and minerals in vegetables and a number of others.

Education

MAY WE NOW EDUCATE WITHOUT FACTS AND TEACH PEOPLE TO THINK WITHOUT INFORMATION? Thomas M. Carter. (School and Society, Vol. 45, June 5, 1937, no. 1171, pp. 776-779.) The author discusses statements made by President Hutchins implying that we may educate people without providing facts and that the purpose of a university is the formation of intellectual habits resulting from training of the intellectual power--that intellect properly disciplined is able to operate well in all fields and is the most useful, regardless of what type of life the student may lead. The two possible curricula for attaining this end are theology and metaphysics. He then presents the thesis of other writers who believe that facts should be the basis for teaching. He quotes Emig as saying, "Facts without feeling cannot do very much. All the worthwhile movements of history and all the genuine contributions have come not from the cold impact of knowledge in scholars' heads, but from the spiritual inspiration of the heart", and Woodworth as saying, "Feelings (are) usually dominated by the life of facts and acts", and closes by saying that the prospect for information as a basis of education is none too bright.

Education

ADULT HOMEMAKING EDUCATION. Mable Russell and Elsie Wilson Gwynne. (New York: Lakeside Publishing Co., 1937, pp. VIII+ 91.) This book is made up of a unit on clothing selection and another on home arrangement and furnishing intended for use with adult study groups conducted through Extension Service, consumer education, special vocational classes, or other groups and classes. Each unit is planned to furnish material for a series of nine meetings each. Help is given the leader of the group through statements of the objectives, the illustrative material that will contribute to the success of the various meetings, how to interest the group in the subject, and subject-matter to be given.

Education

HOW TO USE THE EDUCATIONAL SOUND FILM. Max Russel Brunstetter. (Chicago: University of Chicago Press, 1937, pp. XIII + 174, illus.) This book discusses the processes of education and attempts to use various visual aids and the adapting of the sound motion picture to teaching. It tells of some of the mistakes that have been made by school administrators and teachers and stresses the importance of integration of the picture with the curriculum. It emphasizes the necessity of adapting the use of the talking picture to the different phases of teaching, such as presentation, drill, or review. The author has described the results of actual experimentation and conclusion drawn from such use of pictures in a large number of actual classroom situations. The contents of the book are: Sound-film materials of instruction; Teaching purposes for which the sound film may be used; Techniques of teaching with sound films; Organizing an audio-visual instruction program; How to train teachers in the use of sound films; Mechanical and routine aspects of sound-film use.

United States Department of Agriculture
Extension Service
Washington, D. C.

No. 278 August 18, 1937.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Child THE STUTTER-TYPE CHILD. The Speech Index of Neurotic Behavior. James Sonnett Greene, (The Journal of the American Medical Association. Vol.109, July 17, 1937, no. 3, pp. 187-191.) The author says, the two terms "stammering" and "stuttering" mean as follows: Stuttering--laboring, difficult, hesitant speech. Stammering--difficulties of articulation. That is, stammering depends on defective performance while stuttering depends on emotional disturbances. The article then points out ways of distinguishing between the two and methods of treatment with the child to overcome those caused by nervous conditions, with the help of a physician.

Child ADOLESCENCE. L. A. Averill. (Boston, Houghton Mifflin Co., 1936, pp. VII + 496.) The author says that for a decade and a half he has been accumulating case studies of adolescence in adjustment and maladjustment. These investigations are made a considerable part in his courses of adolescence psychology. The chapter headings are: Growing up into adulthood; Conflicts and misunderstandings between the generations; Satisfiers, annoyers, and maturation; Crime and delinquency; Adolescent interests; The parent and the adolescent; The school and the adolescent; The role of sex in adolescence; Adolescent ideals and morals; The adolescent's religion; Organizing the community for adolescent welfare; Adolescents in history, literature, biography, and human achievement.

Child SOME DISTURBING CONFLICTS BETWEEN THEORY AND PRACTICE IN GUIDANCE. Sarah M. Sturtevant. (School and Society. Vol. 45, May 22, 1937, no. 1169, pp. 697-707.) This article points out the harm that can be done to the child through questioning that breaks the family solidarity or fosters doubt in the mind of the child about its parents or relatives, all of which threatens the wellbeing of the child and his feeling of security. There is also danger in making the child the center of his own concern.

Clothing and Textiles

RESEARCH NOTES ON WOOL. J. S. Brown. (Textile Colorist. Vol. 59, February 1937, no. 698, pp. 86-89.) This is a general article reporting various recent findings of research work on wool such as: The effects of carbonizing, the tests and measurements of wool, tests for harshness, structure of wool as a fiber, wool grading, finishing oils in wool, and odd facts discovered. Regarding the tests, it points out many of the difficulties in judging wool by tests of length, by microscope, by chemical reactions, and so forth. Among the facts found was: That the external surface of a pound of "64's" merino wool is in the neighborhood of 80 square feet; that wool has a larger cross section by 32 percent at 100 percent relative humidity. Wool compares closely in tensile strength with silver, gold, and copper wire and was stronger than aluminum wire of the same number of square inches in a cross section.

Clothing and Textiles

HOSIERY AND KNIT GOODS. WOOL YARNS FOR BATHING COSTUMES. (The Wool Record and Textile World. Vol. 51, June 10, 1937, no. 1465, pp. 1341-1343.) This article says that in recent seasons wool has been preferred in bathing costumes, but is too expensive for many people. Wool has definitely proved its superiority to cotton, for the latter is too cold and chilly.

Clothing and Textiles

BETTER BUYMANSHIP. No. 2. Sheets, Blankets, Table Linen and Towels. Edited by Burr Blackburn and Bernice Dodge. (Household Finance Corporation, 919 N. Mich. Ave., Chicago, Ill., 1934.) This bulletin discusses sheets, blankets, table linen and towels: including the labels, size, fabrics, thread count, sizing, weight, finishes of sheets and pillow cases; labels, sizes, fibers, weight, binding, color, and care of blankets; linen damask, quality, and weight for tablecloths; and the weave and wearing quality of towels.

Clothing and Textiles

THE EFFECTS OF LAUNDRY METHODS ON COTTON FABRICS. Adella Eppel Ginter, Margaret Shadduck, Margaret Partlow, and Thelma Pearson. (Journal of Home Economics. Vol. 29, May 1937, no. 5, pp. 319-326.) Report of research on effects of washing and ironing muslins at home and in a commercial laundry. The results were slightly in favor of washing by the commercial laundry and ironing at home.

Clothing and Textiles

A TALE OF A SHIRT. Bess M. Rowe. (The Farmer's Wife Magazine, Vol. 40, September 1937, no. 9, pp. 7.) By a series of pictures this article shows how to iron a shirt with a rotary ironer, as compared with a flat plate ironer, and to do the work with least effort. This article is based on a study made by Ann Beggs, extension specialist, New Hampshire.

Social

RECREATION--A FACTOR IN HELPING MALADJUSTED INDIVIDUALS. I. M. Altaraz. (Recreation. Vol. 31, August 1937, no. 5, pp. 276-280 and 325.) The individual who is adjusted is defined as one whose emotional currents are so working that he can meet various situations of life successfully and gracefully. Those who can't do this are maladjusted and their rhythm of life is disturbed so that either within themselves or in their social and community contacts difficulties exist which make them unhappy.

The sources of emotional maladjustment, this author says, may be in the type of individual himself, due to such a cause as being born with an inferior circulatory system, digestive apparatus, or some other weak organ. Second, it may be caused by racial background, which makes it difficult for the person to adjust himself to new conditions. Old families find it trying to accept certain forms of dynamic living. A third source of maladjustment is in the process of academic education. Failures to meet requirements of scholastic curricula is an example of this. A fourth source may be found in the home conditions which are not helpful to the unfolding of the individual's potentialities. Fifth lies in the adjustments necessary in growing from childhood to adulthood on to old age. Sixth, maladjustment in the community.

The author then takes up indications of maladjustment and points out some methods for handling them. Among these latter is recreation. He mentions types of recreation suited to different kinds of maladjustment, such as working with some pliable material for those who seem to want to touch something all the time. Wood carving and hammering into metal relieve the emotions of the individual who loves to inflict pain on others. Dramatic interests help those who make faces and display other physical deformities.

Social

HOW WE SPEND OUR TIME AND WHAT WE SPEND IT FOR. Edward L. Thorndike. (The Scientific Monthly. Vol. 44, May 1937, no. 5, pp. 464-469.) This is a report of a collection of statistics made by the author on how people spend their time. Most of the data relates to the business girl and professional, sales, and other factory employees, and a few aborigines. The last of these it was found, slept an average of 11 hours at night, rested on the ground 2 to 5 additional hours, spent 6 hours in eating and productive labor and 5 to 2 hours in social activities and grooming.

In the United States the amount of time spent in physical entertainment by means of games and sports seems to have increased within the past generation. There has also been an increase in the reading of magazines, riding in autos, going to pictures, and listening to the radio. The time saved by labor-saving devices in the household has gone to increase entertainment.

The article recommends that more time be used for improvement of health, particularly among business girls, also the quality of the home be improved so that the 40-odd hours a week spent there in eating, dressing, reading, and housework may be enjoyable, and that the quality of the office or shop be improved so that the 42 hours spent in productive labor may be more enjoyable.

Equipment

THE A B C OF IRONING. Gertrude L. Smith. (Woman's Home Companion. Vol. 44, August 1937, no. 8, pp. 77-78, illus.) This article explains how to organize ironing with electric equipment so as to remove as much drudgery as possible, through avoidance of lost motion, shortening the time for the work, and doing away with fatigue. It gives such instructions as: When you sprinkle clothes, don't overdo; group your ironing board, clothes basket and rack in the most convenient way; eliminate unnecessary ironing, for example iron only the borders of bath towels, and iron wash-clothes unsprinkled; iron nightgowns, pajamas, shorts, slips, and many pieces of children's clothing doubled on one side only.

Equipment

BETTER BUYMANSHIP. No. 19. Household Refrigerators. Carol Willis Hyatt. (Household Finance Corporation and Subsidiaries, 919 N. Mich. Ave., Chicago, Ill., 1936, pp. 22, illus.) A bulletin explaining points for judging and using iced, and fuel-operated refrigerators, such as those using gas and kerosene.

Equipment

NEW CLOTHES FOR OLD CHAIRS. Mrs. Grace Watkins Huckett. (American Agriculturist. Vol. 134, June 5, 1937, no. 12, pp. 20-21, illus.) Detailed instructions for selecting materials for and the making of slip covers.

Equipment

BUILDING LOAD ON RURAL LINES. H. J. Gallagher. (Electrical World. Vol. 107, April 24, 1937, no. 17, pp. 48-50, illus.) This paper presented at the Chicago convention of the American Society of Agricultural Engineers gives some comparable costs for kerosene, gasoline, etc., when electricity is not on the farm, with costs when such service is available.

Equipment

HOW TO JUDGE GOOD MATTRESSES. (Consumers' Digest. Vol.1, April 1937, no. 4, pp. 30-36.) This article points out that many faulty, unsanitary, and incorrectly labeled mattresses are being sold; and that some mattresses labeled 100-percent horsehair actually contain 80 percent of other material. There are many shoddy mattresses called felt cotton and inner spring. The authors urge the passing of a Federal bedding law. They say that the Illinois Manufacturers' Association recently objected to the Government's manufacture of mattresses for families on relief on the grounds that these would destroy the commercial market since they were of a luxury type which would last at least 15 years. The article then discusses what different types of mattresses contain, the prices asked, what the label should show, and how they should be remade. The types discussed are hair, kapok, cotton, and inner-spring mattress and mattress ticking.

United States Department of Agriculture
Extension Service
Washington, D. C.

No. 279 August 25, 1937.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Extension RURAL TRENDS IN DEPRESSION YEARS. A Survey of Village-centered Agricultural Communities, 1930-1936. Edmund deS. Brunner and Irving Lorge. New York. Columbia University Press, 1937, pp. XVI + 387.) This is a report of a study made by the authors on changes in rural life between 1930 and 1936 in 140 village-centered agricultural communities. This is the third time these centers have been studied. The first study showed that rural America was becoming increasingly centered in villages and towns. The second study showed that some of the phenomena noted in the first study seemed to be clear trends. This third study gives an analysis of changes in population and in communities as such and in the relations of the villages to the country. It then treats of changes in institutions such as those of trade, industry, banking, education, religion, and social life. Special attention is given to the rise of adult education. Consideration is given to the question of relief formerly almost nonexistent. Chapter 8—Adult Education: Agricultural Extension. Discusses at considerable length the Agricultural Extension Service and contains information secured through a questionnaire responded to by directors of extension and State extension rural sociologists in 40 of the 48 States, and a study of the Extension Service so far as published, as well as a study of the 140 village-centered agricultural communities. It describes Extension as first putting major emphasis on increased production, then marketing and gradually changing to emphasis on economics and sociology. It says of local volunteer leadership "without the success of this device, Agricultural Extension could never have become as influential or as educative as it has." It gives considerable space to the socialization of the home-economics Extension program and says in conclusion, "The expansion in the Extension program is away from the old ideas of demonstration as a teaching tool, but the old subject-matter fields have continued. The new features have simply been grafted on to the old." There is danger in too great a subdivision of a field of work, and that State specialists in developing their fields will overlook the family and the community. Planning for all needs of the field is the important factor for maximum efficiency and success.

Management

THE ECONOMICS OF CONSUMPTION. Charles S. Wyand. New York: The MacMillan Co., 1937, pp. XIII + 565.) This book attempts to tell what economic good or ill should be looked for in our general marketing system and methods of consumption. The subjects covered in this book are: The importance of changes in consumption; The consumer and his function; What determines choice; and Various planes of consumption. Under the heading of Private agencies affecting choice it gives considerable space to pointing out how this is done through magazine articles, testing institutes, advertising clubs, and publications like Consumers' Research, Inc. Under the chapter on government agencies affecting choice it has considerable to say about the Bureau of Home Economics, which it says has been "rendered virtually impotent insofar as real service to the ultimate buyer is concerned," for the Bureau must maintain a discreet silence where private business interests are concerned, regardless of the effects of such silence upon the health of consumers. Of the Consumers' Guide it says, like the Bureau of Home Economics theoretically working in the consumer's interest it too is really forbidden to take any action that might embarrass or inconvenience the industrial interests of the nation. Of other home-economics departments such as those found in schools it says that they distribute literally tons of commercial advertising, and the author lists large numbers of circulars distributed by this means.

Management

THE BACKWARD ART OF SPENDING MONEY. Wesley C. Mitchell. New York: McGraw-Hill Book Co., Inc., 1937, pp. VII + 421.) Among the chapter contents of this book are the following: The Backward Art of Spending Money; Quantitative Analysis in Economic Theory; Social Science and National Planning; Making Goods and Making Money; The Prospects of Economics. The author says that predominance of women in spending which the family form of organization establishes may explain in some measure the backwardness of the art. He then points out the contrast between slipshod shopping of many housewives and the careful, systematic buying done for enterprises by men. However, he admits her husbands' shopping for strictly personal wants is even worse. The housewife's tasks, he points out, are so much more varied that she must buy a far greater variety of articles than does a business enterprise. This book is written with the household managers in mind.

Management

LIFE IN THE LOW INCOME GROUP: A SURVEY OF FAMILY PURCHASES. (The United States News. Vol. 5, July 5, no.27, pp. 7.) The Department of Labor reports, at the lower income levels of city dwellers, there are no telephones, no running hot water, no electric refrigeration and no automobiles. Food takes so much of the income that relatively little is left for clothing, medical care, house furnishings, and so forth. No data were included from families whose incomes were less than $500 a year or from families who received relief during the year.

Personal MAKING A GO OF MARRIAGE. Elmer Ellsworth Ferris. (Philadelphia. The John C. Winston Company, 1937. pp. IX + 252.) This book is written in a style suited to the lay reader. The chapter headings are: Weddings--what they mean; What price marriage--concerning the sacrifices made by both man and woman; Sexual loyalty; Progeny; The money devil; The matter of attire; Family recreations; Concerning nutrition; Domestic good sportsmanship; The Health problem; Common-sense investment; What about divorce; and Home religion. The author says that it is hoped that this book may contribute somewhat to a better stability of the married relationship.

Personal MOTIVATION OF BEHAVIOR. Paul Thomas Young. New York. John Wiley & Sons, Inc., 1936, pp. XVIII + 562, illus. charts, tables.) This is an advance psychology, the purpose of which is to examine human and animal behavior in its varied aspects. From another standpoint it gives an investigation of the factors which regulate and control the phase of activity which is designated as purposive behavior. From another point of view it relates to the development of motivating factors. It is a genetic study of the change and interplay of interests, desires, habit organizations, and similar determiners of behavior. The book is intended for students who have already had a course in college psychology. For the educator, economists, sociologists, social workers and others concerned with the activities of the human individual, this book aims to present a scientifically sound account of the fundamental sources of human conduct. A few of the chapter topics are: Animal drives; Direction and regulation; Positive and negative behavior; Social motivation; and Emotional motivation.

Personal A HUMANE PSYCHOLOGY OF EDUCATION. Jaime Castiello. (Sheed and Ward, Inc., N.Y.C., 1936, pp. XXIII + 254.) The first part of this book analyzes what the author calls the "raw stuff" of personality thought, creative power, and self-making activity. These three characteristics are studied empirically here. The first part of the book explains how psychological educational books or disciplines must be used in order to integrate various pyschological factors in humane education. Personality is used to mean man's self-possession which is ultimately based on the rational nature, the fact that "every man" knows himself, can control himself, and is a responsible being. Various topics taken up in the book are: The nature of thought; Measurement of thought, as by the lie detector; and other educational test form measures are discussed. Other chapter headings are: Thought; Creative power; The making of self; The principal study courses (these include languages, history, science, and religion); The Latin and Greek classics; and the Ideal of personality.

Food and Nutrition — COMPARATIVE EXPERIMENTS WITH CANNED, HOME COOKED, AND RAW FOOD DIETS. E. F. Kohman, W. H. Eddy, Mary E. White, and N. H. Sanborn. (The Journal of Nutrition. Vol. 14, July 10, 1937, no. 1, pp. 9-19, tables 3.) A report of three series of experiments with animals in feeding canned, home-cooked and raw-food diets over a period of 4 years. No significant difference resulted from feeding home-cooked and raw foods respectively. The author says, "Certainly the idea that a certain amount of raw foods is absolutely indispensable to health might well be questioned in the face of such evidence. Probably the advocacy of a complete raw-food diet has only come from faddists." Cooking has "beneficial effects on physical structure and texture of foods and inactivates plant enzymes which are detrimental in many instances in handling foods. Insofar as canned foods represent the raw product in their prime, they represent a unique means of distributing perishable foods with their inherent nutrient qualities efficiently conserved. Their vitamin content has previously been dealt with, and it is here shown that they afford an efficient form of calcium."

Food and Nutrition — DIET AND LONGEVITY. Edward E. Cornwall. (Medical Record. Vol. 146, July 7, 1937, no. 1, pp. 5-8.) This paper read before the American Therapeutic Society in 1937 discusses diet as a factor in longevity. It says that to live long one must eat wisely, and instinct is our first guide in right eating. Experience teaches us some foods are better than others. We also learn from experience of others if we bear in mind that individuals may differ in reactions to particular foods and ways of eating. History is one guide as it shows us the ways of eating and diets on particular individuals or large groups, and finally science clarifies and systematizes our knowledge of food and eating. The author then discusses certain topics; as, Guiding principles in eating, Certain articles of food in relation to longevity, Temperate diet conducive to long life; and he gives some general rules.

Food and Nutrition — CALORIC AND PROTEIN REQUIREMENTS AND BASAL METABOLISM OF CHILDREN FROM FOUR TO FOURTEEN YEARS OLD. John W. Maroney and Joseph A. Johnston. (American Journal of Diseases of Children. Vol. 54, July 1937, no. 1, pp. 29-46, charts 5, tables 7.) A report of a study of the caloric and protein requirements of 14 boys and 13 girls over an average period of 9 months. The results showed that, "With calories adequate for growth, intakes of protein representing 15 percent of the total calories seemed optimal. Amounts greater than 20 percent were usually productive of pallor, loss of appetite, abdominal discomfort and sometimes vomiting. With amounts less than 15 percent a negative nitrogen balance or depression of the basal metabolism was frequently observed. The so-called sparing effect of fat and carbohydrate on protein was reexamined and confirmed; this constitutes an argument for recording the protein requirement in terms of the percentage of calories rather than of grams per unit of weight."

United States Department of Agriculture
Extension Service
Washington, D. C.

No. 280 September 1, 1937.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Markets and Crafts

CRAFT COMMITTEE REPORT. Presented at New England Division Annual Meeting by the Chairman, Mrs. Frances Peabody. (Woman's National Farm and Garden Association. Vol. 9, July 1937, no. 7, pp. 8-9.) In the line of novelties or knick-knacks, an increased number of "Gift Shoppes" are being supplied by factories, says this report. Artists originate the designs and clever advertising sells them, so the report advocates that women turn their energy to older and larger crafts such as making hooked and other rugs, wrought iron, bedspreads, linens, baskets, and furniture. Yet they are faced with commercial competition here.

Markets and Crafts

HANDICRAFTS IN MOUNTAIN LIFE. Allen Eaton. (Mountain Life and Work. Vol. 13, July 1937, no. 2, pp. 31-32.) This is an address containing a description of a new book by the author on handicrafts which will include spinning, weaving, quilting, and patchwork, native dyes and herbs, furniture and other woodwork, baskets, whittling, toy making, pottery, and miscellaneous handicrafts. He says: "the tempo of life gives time and opportunity to encourage creative work; instruction and training are steadily improving; there is an abundance of native material; increasing numbers of possible purchasers are being brought into the region through the building of new highways, the establishment of national parks and a large number of developments....." He then points out the forces which operate against the development of handicraft programs, such as keen competition from foreign workers, manufactured articles which have a hand-made look and can be duplicated rapidly.

Markets and Crafts

THE PLEASANT ART OF STENCILING. Harry Irving Shumway. (American Cookery. Vol. 42, Aug. Sept. 1937, no. 2, pp. 75-82, illus. 8.) This article tells how to make the design, cut it from paper, paint with velvet, the kinds of paints to use, and the methods to use in making stencils. It then gives details for stenciling a tray, a chair, and a clock door panel. It says that cutting on glass instead of wood gives a keener edge to the stencil.

Equipment

AIR CONDITIONING--INSULATION. James Ralph Dalzell and James McKinney. (Chicago: American Technical Society, 1937, pp. 301.) The preface of this book says that its purpose is to teach the principles and applications of insulation as most commonly used as a means of retarding heat losses and gains in buildings, preventing losses by fire, controlling sound, preventing vibration, protecting buildings against termites, protecting mechanical parts of the home against heat losses and from freezing, and preventing condensation of moisture. This is a technical book but may be used as a reference in answering questions on the subject of insulation.

Equipment

BETTER BUYMANSHIP. No. 14 Electric Vacuum Cleaners. Carol Willis Hyatt. (Household Finance Corporation and Subsidiaries, 919 N. Mich. Ave., Chicago, Ill., 1935, pp. 18, illus.) This bulletin explains how electric vacuum cleaners operate, their construction and their various types and care.

Equipment

COMBINATION ELECTRIC SANDWICH TOASTERS AND GRILLS. (Consumers' Digest. Vol. 1, May 1937, no. 5, pp. 10-11.) The sandwich toaster and grill is recommended for grilling foods, but is considered expensive for use as an everyday bread toaster as it requires more electric current. Those tested lacked guard sleeves which are requisite to prevent actual contact with electrically charged terminals when connecting the plug to the appliance. Users of sandwich toasters must use care when connecting or disconnecting the plug.

Equipment

NEW PRESSURE TOOL OPENS DRAINS. (What's New in Home Economics. Vol. 1, August 1937, no. 12, pp. 2.) A brief item which says, "A new hydromatic device described as the answer to the demand for a single tool that will loosen all clogged drains--no matter what part of the plumbing system, without ever having to remove a floor board, a pipe joint or a speck of plaster is now available in the form of a plumbing adaptation of little Johnny's air gun. By means of adaptors and attachments its nozzle fits into any pipe opening, any lavatory, sink, tub, or closet drain; and, at the pull of a trigger, throws from 25 to 150 pounds of air pressure against the water column, loosening any conceivable sort of stoppage--and without risk or damage to the plumbing system.

Equipment

POINTERS ON REFRIGERATION. Nell Pickens. (The Progressive Farmer. Vol. 52, June 1937, no. 6, pp. 37 and 41, illus. 3.) This article answers ten questions about gas, oil and electrically operated refrigerators, their use and care.

Clothing and Textiles

PROPERTIES OF A GOOD BATH TOWEL OUTLINED BY RESEARCH DIRECTOR. George H. Johnson. (Daily News Record. Whole No. 14489, August 4, 1937, no. 181, pp. 8, illus. 2.) An article explaining the construction of terry or turkish towels. A terry weave gives a large surface to the towel for absorbing moisture. The author says, "Customers who desire to purchase strong bath towels should be advised to secure terry towels having a two-ply ground warp. Almost without exception, it will be found that properly laundered bath towels that are weak structurally have been woven with single ground warp ends. Stronger and somewhat more expensive bath towels have a ground warp that is composed of two-ply yarns that are much stronger. It is the two-ply ground warp bath towel that gives the best service and wear." The yarn used is usually soft spun and coarse. Laundering increases the absorbency of towels.

Clothing and Textiles

COSMETICS--WHAT THEY ARE AND HOW TO MAKE THEM. (Consumers' Digest. Vol. 2, August 1937, no. 2, pp. 9-20.) This article points out the absurdity of makers' claims for cold creams containing gold, the large margin of profits in producing cosmetics, dangers from poisonous or dangerous materials, and gives instructions for making cosmetics at home.

Clothing and Textiles

LINES TELL THE STORY. Orinne Johnson. (The Farmer's Wife Magazine. Vol. 40, September 1937, no. 9, pp. 10, illus. 4.) This article tells what lines to use in garments for the persons having a large bust and small hips, or narrow shoulders and wide hips, the short or tall, or the pleasingly plump plus.

Clothing and Textiles

ON MONDAY WE WASH. Mrs. Grace Watkins Huckett. (American Agriculturist. Vol. 134, July 31, 1937, no. 16, pp. 14-15, illus. 2.) "A medium bristled brush and lukewarm suds made from a neutral soap make blanket washing easy. Light rubbing with a soapy brush is more effective and easier on the binding than rubbing by hand. The brush is equally effective in removing soil from pillow ticking." Instructions are also given for washing knitted garments, household linens and colored clothes. Soaked clothes might well be washed in water having a temperature of 160° F., but 125° to 140° F. is better for unsoaked clothes.

Clothing and Textiles

THE MANUFACTURE OF SEERSUCKER FABRICS. Thomas Nelson and T. R. Hart. (Textile Bulletin. Vol. 52, July 15, 1937, no. 20, pp. 7 and 10, illus. 5.) The authors explain how seersucker cloth is made. It is necessary for the warp threads, which form the crinkled stripes, to shrink considerably more than the other warp threads in the material, so these have a different tension placed on them and they are attached to a separate beam.

Food and Nutrition

THE TROUBLE SHOOTER. (The Northwestern Miller and American Baker. Vol. 14, August 4, 1937, no. 8, pp. 66-67 and 70.) This article in tabular form names a trouble, then the possible causes, and after each cause gives a remedy. Wherever explanation or elaboration of the remedy is needed, a number follows referring to explanation notes. There are 44 of these notes on the making of sponge cakes. An example is as follows: Crust too dark. (1) Too high an oven temperature, (1) Use a cooler oven (5); (2) High sugar content, (2) Use less sugar; (3) Cakes are overbaked, (3) Bake cakes less. Note 5 says: Sponge cakes are baked at a somewhat higher temperature than angel food, about 375° to 425° F., depending upon the type and size of the cakes.

Food and Nutrition

NUTRITION AND THE IMPORTANCE OF MEAT. National Live Stock and Meat Board. (National Live Stock and Meat Board, 407 S. Dearborn St., Chicago, Ill. 1937, pp. 44, illus., paper.) The topics discussed are: Evaluation of a Food; Nutritional Requirements; Protein; Energy Requirement; Mineral Elements; Vitamins; Roughage or Bulk; Acid-Base Balance; The Importance of Meat.

Food and Nutrition

NUTRITIVE ASPECTS OF CANNED FOODS. The American Can Co. (The American Can Co., 1937, pp. 110, illus. 8, tables, charts.) This book summarizes briefly facts about tinned containers, canning procedures and canned foods, and refers to many research studies of these subjects.

Food and Nutrition

MEAT CARVING FOR PROFIT. Winifred Eliason. (The American Restaurant Magazine. Vol. 20, July 1937, no. 7, pp. 36-37 and 76-80, illus. 11.) The suggestions for carving given in this article can be used by the housewife and the demonstrator. Considerable attention is given to the use of trimmings and tougher cuts, proper care in cooking and the use of a meat thermometer as an aid to the carver, and special knives. A new knife usually requires grinding before being used and the author warns against the use of electrically driven grinders which ruin knives by overheating the blades. Instructions are given for keeping knives sharp. In telling of the direction for slicing, the author indicates how many $2\frac{1}{2}$-ounce portions various cuts should yield. The carving of ham, beef, veal, and chicken are given special consideration.

Food and Nutrition

ELEMENTS OF FOODS AND NUTRITION. Mary T. Dowd and Alberta Dent. (N.Y.: John Wiley & Sons, 1937, pp. XIII+279.) This is a textbook for grades 9 to 12.

United States Department of Agriculture
Extension Service
Washington, D. C.

No. 281 September 8, 1937.

TO HOME ECONOMICS-EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Food and Nutrition — THE PSYCHOLOGY OF EATING. Lewis Robert Wolberg. (N. Y.: Robert M. McBride & Co., 1936, pp. XII+ 321.) Another of the more or less "popular" books on diet. Each chapter begins with a classic quotation.

Food and Nutrition — HERBS IN THE KITCHEN. Nancy Bray. (The Country Gentleman. Vol. 107, August 1937, no. 8, pp. 52 and 55, illus., 1.) The author tells how she produces, conserves, and uses herbs for cooking.

Food and Nutrition — THE COLORING OF FOOD: ITS USE AND ABUSE. Hermann C. Lythgoe. (The Scientific Monthly. Vol. 45, Aug. 1937, whole no. 263, pp. 119-125.) Discusses laws governing the coloring of food, where it is required and where not required according to Federal and Massachusetts State laws. Harmless colors add nothing to food value and they can help to put inferior products on the market. Examples are cited.

Food and Nutrition — FUNDAMENTALS OF MEAT COOKERY. National Live Stock and Meat Board. (National Live Stock and Meat Board, 407 S. Dearborn St., Chicago, Ill., 1937, pp. 19, illus. paper.) Contains charts of cuts, explains terms used in judging meat and cookery, and gives suitable temperatures and methods for cooking the various cuts of meat.

Food and Nutrition — THE EFFECT OF VITAMIN B_1 ON BONES. (Science, n. s. Vol. 85, June 18, 1937, no. 2216, pp. 10.) A brief item reporting a discovery that Vitamin B_1 affects bones as well as nerves and the utilization of sugar.

Management ORCHIDS ON YOUR BUDGET. Marjorie Hillis. (N. Y.:Bobbs-Merrill Co., 1937, pp. 171.) Written in popular style on the subject of feeling poor, which subject is not a matter of how little money you have, but is a matter of being behind with your bills at the end of the month. Suggests how to make choices that will give you greatest happiness for the money you have and points out the fact that happiness comes from accepting and making the best of one's lot in life. What the book tries to tell is that most people can have as much fun as they have been having and on less money. Chapter headings are: Well, Who Isn't Poor; Not the Old Homestead; Please Dress; Can You Afford a Husband; Things You Can't Afford (includes being dowdy); You Have to Eat; Do It Anyway; Almost Balancing the Budget; Nine Old Ladies; and When You Are Really Poor. Each chapter is illustrated with case histories of people who have successfully or unsuccessfully met different situations in life.

Management ON MEASUREMENT OF RELATIVE NATIONAL STANDARDS OF LIVING. (Quarterly Journal of Economics. Vol. 51, February 1937, no. 2, pp. 317-335.) Describes a "tentative method of measuring differences in national standards of living." The degree and rank in difference of standard is estimated. The definition of standard of living used is "the per-capita quantum of goods and services utilized annually by the inhabitants of a country." The "goods" selected because of available data were professional service, transportation, and communication, and luxury of food consumption. In the charts the United States alone stood above the other 13 countries compared in all cases.

Management MORE FOR YOUR MONEY. H. Bennett. (N.Y.: Chemical Publishing Co. of N. Y., Inc., 1937, pp. XII+ 251.) An informative manual and reference book on how to spend your money to the best advantage on food, clothing, fabrics, and textile goods, cosmetics and toilet requisites, articles of domestic use, furniture and other furnishings for the home, etc. The following examples will show the nature of information given:

Eggs can be kept best at a temperature of 30° to 34° F. in a dry, well-ventilated place free from odors.

The best heads of cauliflower are: (1) White or creamy-white; (2) clean in appearance; (3) firm with compact "curd"; (4) Heavy in relation to size.

Challis--a soft material, light-weight designs printed, used for dresses.

Organization EDUCATIONAL NOTES AND NEWS. (School and Society. Vol. 46, July 31, 1937, no. 1179.) "An advanced course in consumers' cooperatives, financed by a grant of $2,500 from the Ohio Farm Bureau, will be instituted at Antioch College next autumn. This ..... will be a study of cooperatives in Denmark, Finland, Sweden, England, and the United States."

Social

PRACTICAL SOCIOLOGY. Leslie Day Zeleny. (N.Y.: Prentice-Hall, Inc. 1937, pp. XXI+461.) The term "practical" as used in the title conveys the idea of integrating sociological principles into the student's everyday views and interpretations of life. The book is intended to be a help in more effective living. The first part - Social Relations - contains chapters on: Motivating Forces; Struggle; Social Relations; The Group; Group Action; Competition; Conflict; Accommodation; Cooperation; Assimilation; Social Relations and Personality; Social Relations and Social Control. The second part takes up the community and its culture. Chapter headings are: A Simple Community; An Agricultural Community; An Industrial City; Ways of Living in the Community; Nature of Culture; Culture and Personality; The Social Situation; Culture Change; Culture Disorganization; Culture and Social Control; Culture and Progress.

Social

RECREATION AFTER FIFTY. Bernard Sachs, (Recreation. Vol. 31, August 1937, no. 5, pp. 308, and 332-333, illus. 1.) Recreation that re-creates is outlined in this article. It says, after 50 continue doing those things one has been accustomed to do, and add a few new tricks. Do things easily instead of strenuously. Mental activity is more important than physical. Also have special duties to perform. One can have the most active and interesting years of life after 60. The motto is "keep on doing; keep on planning."

Social

SOCIAL WORK YEAR BOOK 1937. Editor, Russell H. Kurtz. (N.Y.: Russell Sage Foundation. 1937, pp. 709.) Part I contains articles on Civil Service; the Merit System; Financing Public Social Work; Social Security; and Resettlement. Part II contains a directory of the agencies in social work in related fields. Of these there are 45 national governmental organizations, 351 national and internationsl private or both kinds of organizations, 573 public State agencies, and 51 private State agencies.

Social

THE AMERICAN PEOPLE: STUDIES IN POPULATION. (Annals of the American Academy of Political and Social Science. Vol. 188, November 1936, pp. 111-396.) The entire November issue of this magazine is given over to studies in population dealing with composition, distribution, and growth, and the relation of population to resources in the United States.

Child — A STUDY OF PARENT-CHILD RELATIONSHIPS WITH EMPHASIS ON HOME DISCIPLINE AS IT AFFECTS THE CONDUCT AND PERSONALITY OF A GROUP OF PREADOLESCENT GIRLS. Sister Paulette Ulton. (Washington, D. C.: Catholic Univ. of America, 1936, pp. XII+193, paper.) A dissertation submitted for the degree of doctor of philosophy, the result of an investigation to determine the influence of home discipline on a group of preadolescent girls. Some of the chapter headings are: Discipline; Parent-Child Relationships as Affected by the Presence of Other Adults; Emotional Problems; School Adjustments; Religious Life; Play; Summary and Conclusions. The chapter on Summary and Conclusions says, a child rises or falls, as it were, with his parents' recognition and acceptance of his needs. Each child must be studied and dealt with according to his type. Character is built in relation to incidents of daily life, and a child must be treated as a responsible human being. There is a need for parent education in the field of child study. "Every day must be a step forward in parental understanding and intelligent guidance. The best preparation for tomorrow is a well-spent today."

Child — FAMILY MIGRATORINESS AND CHILD BEHAVIOR. Allen W. Beach and Walter G. Beach. (Sociology and Social Research. Vol. 21, July-Aug. 1937, no. 6, pp. 503-523.) The authors found in their study of family migrations and child behavior that the increasing migratory nature of our modern life affects to some degree the behavior patterns of families, and particularly of children in their formative years. Migratoriness does not tend toward breaking family relationships. Transiency is not confined at all to the property level of society.

Child — A STUDY OF CERTAIN FEARS AND WISHES AMONG DEAF AND HEARING CHILDREN. Rudolf Pintner and Lily Brunschwig. (The Journal of Educational Psychology. Vol. 28, April 1937, no. 4, pp. 259-270.) The conclusion of this study made at Teachers' College, Columbia University, is that: "Deaf girls reported significantly more fears than hearing girls, deaf boys slightly more than hearing boys. Sex differences were greater than differences between the deaf and the hearing. Deaf boys and girls expressed a greater number of wishes for immediate satisfaction than the hearing. Differences between the deaf and the hearing in this respect were larger than between the sexes."

Child — AMERICAN FOUNDATIONS. A study of their role in the Child-Welfare Movement. Harold Coe Coffman. (N.Y.: The General Board of the Young Men's Christian Assoc., 1936, paper, pp. 213.) A report of a study of American foundations that contribute to the child-welfare movement. Includes studies of foundations of a general and of a community type and the organizations receiving aid from them. The foundations and organizations are listed.

United States Department of Agriculture
Extension Service
Washington, D. C.

No. 284 September 29, 1937.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Extension SOUTHERN WOMEN MARKET HOME PRODUCTS. (Farmer's Wife Magazine. Vol. 40, October 1937, no. 10, pp. 15, 26, illus.) Describes a roadside market on Murfreesboro Road in Tennessee, also the work of six women in Tipton County in making shuck hats.

Extension EXTENSION OBJECTIVES. Editor. (Agricultural Engineering. Vol. 18, August 1937, no. 8, pp. 339.) This editorial says in discussing Dr. Warburton's paper on New Horizons for Agricultural Engineers, "From the standpoint of extension efficiency and the production of tangible results, the most fruitful group with which to work is the scattered minority of progressive farmers who are not afraid of 'book learning'; who are both willing and able to understand, adopt, and correctly apply new ideas and methods, and who, for the same reasons, are already far ahead of most of their neighbors. Commercial extension men find their greatest opportunity with this group. ..... From a sociological viewpoint it would seem desirable to broadcast the fruits of research to the largest possible number of people. It is the masses who pay the bulk of taxes, and who determine general levels of living and progress. ..... If the agricultural masses are to profit by the efforts of extension men, they must have the will to progress, faith in the source of information, willingness to try ideas new to them, and the mental grasp to learn how to apply new methods and to use new equipment. ..... Many will need persistent and painstaking encouragement to get out of unprofitable ruts of habit. A leavening of work with this group will undoubtedly be good for the soul of the extension man. But as a basis for judgment as to where the main effort should be placed to do the most good, the sociologically desirable end of mass advancement and the practical possibility of its achievement must be measured against the financially desirable end of large visible progress by a responsive minority. The relative ultimate values are obscured by many considerations."

Clothing and Textiles

DAMAGE IN CURTAIN FABRICS AND WINDOW DRAPES. C. H. Bayley. (The Starchroom Laundry Journal. Vol. 44, August 15, 1937, no. 8, pp. 26, 28, illus. 3.) Explains the causes of damage to curtains and window drapes which shows up in the laundry. Damage is due to prolonged exposure to light and to a mild baking to which curtains hung over radiators are exposed. The mechanical action to which they are subjected during use also tends to cause damage. This includes flapping and rubbing against window frames and screens. Tells how to launder curtains with the least danger of failure.

Clothing and Textiles

SOAPSUDS AND DRESSES. John J. Stapp. (National Cleaner and Dyer, Vol. 28, August 1937, no. 8, pp. 26, 28, and 64, illus. 5.) Explains the reasons why many dry cleaners do a lot of wet-cleaning. In this there are three steps: sudsing, scrubbing, and rinsing. Sulphated fatty alcohol products are used in cleaning many colored articles, but where there is no danger of harming the color, coconut-oil soap and water is preferable. The author says cleaning a garment is like baking a cake. A good cook can't leave out one step and get results. It then tells in some detail how to wet-clean or wash articles.

Clothing and Textiles

WASHDAY LOGIC. Mary Short. (Capper's Farmer. Vol. 48, August 1937, no. 8, pp. 36.) A short article on laundry which speaks of the advantages of mechanical equipment for laundry purposes, and of the importance of stain removal, plenty of hot water, and good soap in order to make the clothes white and clean. The hanging of clothes on the line and folding them when taken off determine the amount of time to be spent on ironing. Points out that although washing machines have undoubtedly removed the fatigue from washing, they have at the same time almost doubled the size; and that there is an advantage in saving wear and tear on garments by laundering them more frequently and using them for shorter periods between times. Closes by saying that the larger the weekly wash, the lighter the work.

Clothing and Textiles

WHAT ABOUT FEET? Sylvia Heil. (The Parents' Magazine. Vol. 12, May 1937, no. 5, pp. 30, 77-79, illus. 5.) The author says four out of five children wear shoes that are too short. This is not due to inability to afford new shoes as the child's feet grow, for the fault is found in prosperous communities. She explains foot mechanics and causes of strain on various parts. Stockings should be long enough, as those that are too short cause crooked toes. Statistics are given to show the extent of foot defects among persons of different ages, sex, and social strata.

Equipment

TO-DAY'S LIGHTING EQUIPMENT AND LAMPS FOR BEDROOMS. Eugene Clute. (Lighting and Lamps. Vol. 31, May 1937, no. 5, pp. 25-30 and 36, 38, 40, 42, illus.) Discusses the lighting and lighting equipment for bedrooms. Urges good general illumination and arrangement of smaller lamps to add beauty to the room. Suggestions are included for decorative effects.

Equipment

UPHOLSTERING AT HOME. Florence E. Wright. (Capper's Farmer. Vol. 48, June 1937, no. 6, pp. 34-35, illus. 17.) Explains the details of upholstering a footstool. The directions may be applied to other pieces of furniture.

Equipment

UNIT PLANNING AND CLOSETS. (American Architect and Architecture. Vol. 150, January 1937, no. 2653, pp. 87-99, illus.) The object of this article is to simplify and improve architectural practices through the use of planning data relating to standardized-unit closets. It considers clothes closets for bedrooms, for outer clothing, linen closet, housekeeping and supply closet, and gives measurements desirable for fitting the various articles into the closet. For instance, regarding the over-clothing closet it says: "The minimum inside dimensions of such closet should be 24" x 60" for a long, narrow closet, and 40" x 48" for a short, deep one." Most of the closets suggested are larger and more elaborate in design than those in low-cost houses. Detailed drawings of each closet are shown.

Equipment

TAKING THE MYSTERY OUT OF AIR CONDITIONING. Jonas Pendlebury. (American Home. Vol. 18, September 1937, no. 4, pp. 20-21, and 134, illus. 14.) Describes the various kinds of air-conditioning equipment for summer and winter use in dwellings. Suggests the kind of system to which each type of room or dwelling is best adapted. For example, for the house costing $10,000, it advocates a much more elaborate system than for lower-priced houses; and for those for temporary use or low-cost housing, it advocates the boxed-in attic fan. This consists of a large metal register placed in the attic floor directly over the hole between the bedrooms. Over this is set the fan incased in a box with an outlet on one side. If the bedroom doors and windows are opened, cool outdoor air is drawn at night into the rooms, and the hot air passes through the register and is forced out of the attic through suitable openings provided for this purpose. This really facilitates the circulation and change of air in the house.

Health "BUILD STRONG." Ruth L. Hoesly. (Wisconsin Alumni Research Foundation, pp. 5.) A mimeographed educational health playlet for children in grades 4, 5, and 6. Brings out points regarding diet essentials in building good teeth.

Health RURAL HEALTH PRACTICE. Harry S. Mustard. (N.Y.: The Commonwealth Fund, 1936, pp. XVIII + 603.) Chapter headings are: The State Health Department and its relation to local service; Regulation of local health work through State legislation; Organizing a local health department in a rural community; Planning the local health program; parts I and II; Public-health education and community organization; The collection of vital statistics; Tabulation and analysis of statistical material; School health service; parts I and II; Maternity hygiene: the nature and extent of the problem: The maternity hygiene program; The public-health aspects of infancy and young childhood; Control of communicable diseases: administrative considerations; Control of communicable diseases: isolation and quarantine; Communicable diseases: epidemio-logical considerations; Communicable diseases: investigation of sources; typhoid fever; Syphilis and the public health; The rural tuberculosis program; Rural sanitation: water supplies and dairy farms; Excreta disposal in rural situations; Sanitation and hygiene in the school.

Health HEALTH HAZARDS OF CHEMO-ENEMIES IN CONTAMINATED FOODS. P. J. Hanzlik. (Scientific Monthly. Vol. 44, May 1937, no. 5, pp. 435-439.) An article concerning heavy metals such as mercury, arsenic, lead, and other substances which when taken in very minute amounts may produce a state of protracted ill health. Apparently on the one hand these metals are beneficial to health, but on the other they are detrimental; they can blow both hot and cold. The sources of metallic poisoning which may be due to spray residue on fruits and vegetables, and the toxic effects of lead manifested in domestic animals living on contaminated feed pastures and water supplies are discussed at length.

Health HEALTH AND ENVIRONMENT. Jean Martin White. (Philadelphia: F. A. Davis Co., 1936, pp. 209, illus.) "This brief text is designed to give a general view of the part that environment plays in the maintenance of health, to review the outstanding features of man's endeavor to make his surroundings contribute to his physical well-being. The aim has been to present the salient facts in as interesting a manner as possible. Should a more detailed treatment of the various phases of sanitary science be desired, it may be had from the sources referred to at the end of each chapter."

VI-B

United States Department of Agriculture
Extension Service
Washington, D. C.

OCT 16 1937

No. 285. October 6, 1937.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Child — SOME BEHAVIOR PROBLEMS MET WITH IN PEDIATRIC PRACTICE. Henry C. Schumacher. (Medical Record. Vol. 146, Aug. 4, 1937, no. 3, whole no. 2598, pp. 116-119.) Discusses child-feeding problems, sleep disturbance, thumb sucking, nail biting, enuresis, masturbation, mental retardation, and convalescence.

Child — "I WANT MY CHILDREN TO HAVE THE BEST....." Caroline Bancroft. (The American Home. Vol. 18, September 1937, no. 4, pp. 51 and 63-64.) Advice to a young mother in the education of her children; it says in part, that everywhere in the business world there is a growing emphasis on people who can deliver the goods, and who can concentrate. Yet in the home there is more and more distraction caused by radio, telephone, and so forth. To meet business and professional requirements, the home and school must aid the children in acquiring concentration; also, every young person must be trained for self-support, as both marriage and investments have grown precarious. Children, therefore, should take subjects that have some definite application to the career they intend to follow, and, more than ever before, we must demand quiet restraint and discipline and we must seek to be steady and calm in school and at home.

Child — GETTING ACQUAINTED WITH HIS WORLD. Dorothy Canfield Fisher. (National Parent-Teacher, Vol. 32, September 1937, no. 1, pp. 6-7, 24-26, illus. 2.) For use in study groups, telling the methods by which a child gets acquainted with his world and the implements he needs to help him. He needs things to drop, water that wets and runs away to nothing, dry sand that spills, and wet sand that molds, and gadgets that he can take apart.

Equipment

DON'T LET THEM FOOL YOU. David Evans. (Better Homes and Gardens. Vol. 15, August 1937, no. 12, pp. 22-23, and 49-50, illus. 2.) Tells how to distinguish authentic and well-designed furniture from poor imitations and poor design. Regarding modern furniture, traditions have not been established. Simplicity, comfort, and use are emphasized. The test is: Is it comfortable, useful, and does it justify the sacrifice of space it occupies?

Equipment

RECENT ADVANCES IN OUR KNOWLEDGE OF THE PROBLEMS OF AIR CONDITIONING. C. E. A. Winslow. (American Journal of Public Health. Vol. 27, August 1937, no. 8, pp. 767-776.) Discusses various kinds of air conditioning such as removal of objectionable gases, particles of dirt, body odors, as well as affecting temperature and humidity. The volume of fresh air necessary to avoid body odors which affect appetite, etc., may vary from 7 cubic feet per minute where adults are in a room having 500 cubic feet of air space per person, to 38 cubic feet with grade-school children of uncleanly habits having 200 cubic feet of air space per child. We should no longer be satisfied with avoidance of conditions which are obviously harmful, but should strive for atmospheric conditions which produce an active sense of physical well-being.

Equipment

WE'RE BEING TALKED ABOUT. E. J. Hesse. (National Laundry Journal. Vol. 58, August 1937, no. 7, pp. 312, 314-315.) An article complaining of the activities of home-laundry-equipment salesmen, soap salesmen, and the United States Department of Agriculture in advertising and distribution of bulletins telling housewives how to buy and use home electric washing machines.

Equipment

MODERN DESIGN. (Industrial Arts and Vocational Education. Vol. 26, September 1937, no. 9, pp. 272-273.) An article relating to the designs of pieces of furniture and their decoration, which says, "When function alone is considered, designs are likely to be crude, stiff, and uninteresting. However, when proportion, balance, appropriate ornamentation, wise selection of material, and proper construction are all harmoniously combined, the article designed will not only function but be pleasing as well. An article thus produced would still have to be placed in an environment in which it would fit. A fine piece of period furniture might look quite out of place in a room built and decorated according to strictly modernistic concepts, just as the angular lines of a piece of the better type of contemporary furniture might look entirely out of place in an old English home."

Clothing and Textiles MOISTURE IN YARNS. By "N. H." (The Wool Record & Textile World. Vol. 51, June 24, 1937, no. 1467, pp. 1481, 1483, 1485.) A technical article for manufacturers which says that when the natural fats are removed from wool it becomes increasingly hygroscopic and is quickly affected by atmospheric conditions.

Clothing and Textiles MODERN RESEARCH EVOLVES NEW AGENTS FOR STRIPPING. Special Contribution to the Textile Colorist by A. H. P. (Textile Colorist. Vol. 59, January 1937, no. 697, pp. 13-14.) A technical article telling of some new processes for removing color from fabrics and specifying the chemicals used.

Clothing and Textiles WHAT DO YOU KNOW ABOUT FURS? B. H. Hessel. (Women's Wear Daily. Vol. 55, August 3, 1937, no. 23, pp. 29.) A series of questions and answers which explains types and characteristics of American skunk furs. A table shows the quality of fur from animals produced in different States. Michigan, New York, and part of New England produce the best fur.

Clothing and Textiles REVIEW OF SCIENTIFIC LITERATURE ON FATS AND OILS FOR 1936. R. C. Newton. (Oil and Soap. Vol. 14, April 1937, no. 4, pp. 88-103.) This article under the headings, Deterioration of fats and oils, Composition and characteristics of fats and oils, Soaps and detergents, tells what has been published as a result of scientific research on these subjects both in this country and in foreign countries.

Clothing and Textiles FINE WOMEN BUY SHOES BEYOND MEANS. (Women's Wear Daily. Vol. 55, August 23, 1937, no. 37.) Reports that the National Leather and Shoe Finders' Association recently made a survey which showed that better shoes are purchased by women than they can afford, and that they are not having the shoes repaired as much as they might. Out of 100 pairs of women's shoes worn in Peoria, Ill., where the survey was made, 83 pairs cost upward of $3. Although women bought almost three times as many cheap shoes as men, the women have their cheap shoes repaired more often than their higher-priced ones. This raises a question "Can people afford to own so many pairs of shoes that they need not bother about having at least one pair of them repaired?" It was found that what people can afford has nothing to do with the number of pairs of shoes they own. It was learned that when worn shoes are no longer in good condition, most people do not discard them and rush out to buy a new pair of shoes, but they repair their old ones and buy a new pair besides.

Food and Nutrition — WHAT EFFECT HAS EGG TEMPERATURE UPON CAKE CHARACTERISTICS? Charles A. Glabau. (Baker's Weekly. Vol. 94, June 19, 1937, no. 12, pp. 52-53, illus. 3.) A report of tests on temperature of eggs upon cake characteristics. The temperature of the eggs and batter of cakes has a marked effect not only on the specific gravity of the batter but on the various characteristics of the finished cake. Frozen eggs should not only be thoroughly thawed, but they should be raised to a desirable temperature ranging from 75° F. to 85° F., so far as cakes are concerned.

Food and Nutrition — THE HEINZ BOOK OF QUANTITY RECIPES AND MENUS. (H. J. Heinz Co., 1937, paper.) A collection of recipes and menus to serve 25 to 50 persons.

Food and Nutrition — VITAMIN "D" AND THE TEETH: CONCISE ABSTRACTS FROM DENTAL LITERATURE. (Wisconsin Alumni Research Foundation, 1936, pp. 30.) A bulletin explaining the need for vitamin D factor in relation to the teeth, sources and availability of vitamin D, the process of irradiating foods, the benefits of vitamin D during prenatal and nursing periods, the relation of vitamin D to rickets and rickets to dental caries, and vitamin D requirements of adults.

Food and Nutrition — "SOLDIERS OF SCIENCE": A ROMANTIC DRAMATIZATION OF THE DISCOVERY OF THE VITAMINS. Ruth L. Hoesly. (Wisconsin Alumni Research Foundation, 1937, pp. 28.) A mimeographed educational health playlet for junior and senior high schools which gives the history of vitamin research and explains many nutritional terms and the values of the various vitamins.

Food and Nutrition — BUILDING HEMOGLOBIN WITH IRON PLUS COPPER IN NUTRITIONAL ANEMIA. (Wisconsin Alumni Research Foundation. 1937, pp. 22, illus.) This little bulletin explains what anemia is, the extent of nutritional anemia in children, the availability of food iron and copper, how much of these a child needs, and other facts about supplying these elements in the diet. The work is based on Dr. Steenbock's work.

Food and Nutrition — THE ROMANCE OF CHEESE. (Kraft-Phenix Cheese Corporation, 1937, pp. 52, illus., paper.) A bulletin telling about several kinds of cheese made in the United States and where they were originally made.

United States Department of Agriculture
Extension Service,
Washington, D. C.

No. 286 October 13, 1937.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Social THE SQUARE DANCE: A SOCIAL RECREATION AID. G. Harry Harrison (Recreation. Vol. 31, September 1937, no. 6, pp. 359-363, and 393-394.) The author says, "Square dances are fast coming to be the most important of present-day social recreational activities." The figure caller should understand dance construction and possess a well-rounded knowledge of music and a clear voice. It then explains the figures for a number of dances and how to go through with them.

Social NEVER TOO OLD TO PLAY. W. Duncan Russell. (Recreation. Vol. 31, September 1937, no. 6, pp. 373-375, and 396.) A report of an examination of pictures of recreation projects taken under the sponsorship of the Works Progress Administration. The pictures show many elderly persons participating in recreation activities such as acting, playing checkers, making rugs, and in current-event talks. Old folks need recreation for the same reasons that children do. The average normal human being is never too old to play. The author emphasizes the point that in all plans and programs for recreation on any basis no effort should be made to make people enjoy themselves. Recreation must be spontaneous and come from a desire to do the thing offered. Opportunity and facilities are all that is needed. People should be responsible for their own management of their plan in their own way.

Social LET'S PLAY! Pauline Reynolds. (The Farmer's Wife. St. Paul, Minn., 1935, pp. 63, paper.) This little book gives instructions for playing in the home. The games and dances are suited to the size of a family as well as for larger groups, and little equipment is needed. Ella Gardner's rules for game leadership are given. The games are grouped as follows: Pencil and paper games; Match tricks and puzzles; Active games; Mystery and trick games; Games requiring little or no equipment; Equipment games which can be made at home; and Games with music.

Health

SOME PRESENT-DAY PROBLEMS IN NUTRITION. E. Neige Todhunter, (Journal of the American Dietetic Association. Vol. 13, September 1937, no. 3, pp. 235-244.) The author says: Investigations indicate we still have nutritional problems. One is to find a means of measuring vitamin or other deficiencies not severe enough to cause obvious disease. Another is, to what extent can the average diet be improved and how? Still others are concerned with "the availability and the interrelationship of food constituents; the factors influencing dental decay; the effect on health of the present high consumption of sugar; the effect of storage, preservation, and transportation on the vitamin values; and the determination of a standard of requirement for vitamins at all ages. The immediate practical problem with which we are all concerned is that of making our present knowledge available to and used by the community, and of stressing the value of a varied diet in which are liberal amounts of the 'protective foods.' For these, it has clearly been shown, do improve nutritional well-being."

Health

THE INSECT PARADE--PART IV. Howard O. Deay. (Exterminators Log. Vol. 5, August 1937, no. 8, pp. 7-8, illus. 5.) The fourth of a series. Describes thrips, book lice, chewing lice, sucking lice or crab lice, and body lice. Chewing lice are controlled by applying a stomach poison such as sodium fluoride to the host. Sucking lice cannot be controlled in this manner.

Health

THE DEGREE AND PREVALENCE OF VITAMIN A DEFICIENCY IN ADULTS. Harold Jeghers, (Journal of the American Medical Association. Vol. 109, pp. 756-762.) Mainly a report of a study of students in Boston University School of Medicine. Night blindness was common among the 50 students who manifested vitamin A deficiency. They noticed it when driving an automobile, in going into a darkened theater, and in trying to play golf at dusk. A very bright illumination also bothered them, as they had difficulty in adapting their eyes to it. Fifteen students had this difficulty. Dryness of the skin was noticed in many. The report says, "The folly of the prolonged substitution of a sandwich, roll, or doughnuts for one or more complete meals is evident. A table shows the comparison of the normal and subnormal in the number of servings of different vitamin-rich foods they consumed. The subnormal group took less than four servings of fruit a week, while the normal group took nearly seven. This is also typical of their use of other foods."

Food and Nutrition

THE OCCURRENCE OF RENAL CALCULI AND THEIR POSSIBLE RELATION TO DIET. Vincent Vermooten. (The Journal of the American Medical Association. Vol. 109, September 11, 1937, no. 11, pp. 857-859.) Points out the importance of vitamin A in the diet, and the other factors that prevent the formation of renal calculi. The diet of South African Negroes is cited as one that is effective in preventing this difficulty.

Food and Nutrition

CAN DIET INFLUENCE CANCER? Barnett Sure. (Hygeia. Vol. 15, September 1937, no. 9, pp. 792-793.) "It may be easily shown that life expectancy is longer in the States using most milk, because of better nourishment of those States." Some foods eaten in excess may be a cause of cancer, and a deficiency of certain foods may also be a cause.

Food and Nutrition

THE VITAMIN REQUIREMENTS OF MAN. George R. Cowgill. (Journal of the American Dietetic Association. Vol. 13, September 1937, no. 3, pp. 195-214.) After discussing the values of the various known vitamins, their sources, what is minimum and what is optimal, and the effects when less than optimal amounts are furnished, the author says: "We now have some idea, not only of what vitamins are needed for human nutrition--perhaps not all of them, to be sure--and at least some conception of the amounts of each that are required? Many scientists hold that no study is truly scientific until it involves measurement. This is no doubt an extreme view to take. Yet with this as one criterion of the value of our knowledge of vitamins, perhaps even these extremists will grant that the study of vitamins in their relation to human nutrition is now, to some extent at least, really scientific."

Food and Nutrition

SOME FURTHER PAPERS READ AT THE DENVER MEETING. A. B. Rivers and L. A. Carlson. (Science. Vol. 86, August 20, 1937, new series, no. 2225, pp. 10 of Supplement.) A brief item telling of the findings of Mayo Foundation relating to the need for vitamin C from fresh fruits and vegetables for keeping the stomach tissues in a healthy state.

Food and Nutrition

BREAST FEEDING IN RELATION TO SUPPLEMENTARY FEEDING IN THE NEW-BORN. H. G. Poncher. Abstracted from Illinois M. J. 70:258. 1936. (Child Development Abstracts and Bibliography. Vol. 11, August 1937, no. 4, pp. 286-287.) A report of a round-table discussion which says in part: "Many babies have been unnecessarily weaned from the breast because of the injudicious use of the prelacteal feeding. If one admits the truth that breast milk is the most desirable nutrient for new-born babies, then one's chief aim should be to conserve the maternal milk supply. Since one's best galactagogue is a vigorously nursing infant, any measure that defeats this nursing vigor is an unconscious gesture at weaning."

Clothing and Textiles

FASHION'S DEMANDS ON WOOL SUPPLIES. (The Wool Record and Textile World. Vol. 52, Aug. 12, 1937 no. 1474, pp. 370.) An editorial discussing the advisability of spinning more wool finer in order to get a greater yardage per pound. The reason given for encouraging this is the growing relative shortage of raw wool. Spinning finer will mean putting more labor per pound into the manufacture of material. The difficulty of this procedure seems to be a lack of skilled labor. The idea is not only to provide clothing for more people but also more labor, but at present this scheme does not seem entirely practical.

Clothing and Textiles

PILE RUG DONE IN TURKEY WORK. Mildred Mowll. (Home Arts. Vol. 29, September 1937, no. 1, pp. 12, illus. 1.) Instructions for making rugs similar to those known as Oriental or Turkey. They are made on a canvas or monk's-cloth foundation with a blunt needle for pulling the wool through and knotting it.

Clothing and Textiles

THE SERVICEABILITY OF FABRICS IN REGARD TO WEAR. Dr. F. T. Pierce, (Textile Research. Vol. 7, August 1937, no. 10, pp. 381, 384.) An abstract of a paper presented at the Textile Institute June 1937, which questions the reliability of many textile tests now used, and points out how and when tests may be of value.

Clothing and Textiles

WOMEN CAN'T DRESS. Paul Gallico. (Vogue. Vol. 90, July 15, 1937, no. 2, whole no. 1560, pp. 38-39, 86-87.) The author points out many mistakes women make in ornamenting and selecting their clothing, particularly that for evening wear. They should know "what not to hang on what places." He condemns bows, knots, buckles and "phony peonies" misplaced, and advises their removal from many readymade dresses. He dislikes too-low backs and other exposures of ugly flesh. Flesh should be a part of a color scheme, otherwise cover it up. He says it is not white but pink or tan, and designers often overlook this fact.

Clothing and Textiles

FABRICS: DEFINITIONS OF FABRICS, PRACTICAL TEXTILE TESTS, CLASSIFICATION OF FABRICS. Grace G. Denny. (Chicago: J. B. Lippincott Co., 1936, pp. XIV + 178, illus. 64.) A revised and enlarged edition of Fabrics and How To Know Them, published in 1928. The chapter headings are: Fabric definitions and terms to fabrics; Textile tests; Classification of fabrics; Labeling of textile fabrics; Books of reference on textile fabrics.

United States Department of Agriculture
Extension Service, Division of Cooperative Extension
Washington, D. C.

No. 287

October 20, 1937.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Extension — AGRICULTURAL LEADERS' DIGEST. The Blue Book of Agriculture. (Vol. 18, September 1937, no. 6.) Contains brief articles on home demonstration work by extension workers: E. D. Smith of Colorado, pp. 13; Janet L. Cameron of Virginia, pp. 39-40; Emmie J. Evans of South Carolina, pp. 46-47; Gladys Ward of Illinois, pp. 47; Edna Gray of Illinois, pp. 49-50; Inez Hobard of Minnesota; pp. 53-54; Edna M. Cobb of Maine, pp. 57. Also contains a list of educational films and film strips put out by commercial and other organizations.

Extension — CUPBOARDS TAKE A BOW. Bess M. Rowe. (The Farmer's Wife Magazine. Vol. 40, October 1937, no. 10, pp. 11, 16, 35, illus. 4.) Describes changes made in a number of farm kitchens, seen on a tour in Wayne County, N. Y. The author says, "It was my privilege to go with the extension workers when they made the rounds of the county to choose those kitchens. . . . . The fine work in this project is largely due to the local group members who acted as leaders in the work after training by Miss Jones", Wayne County Home Demonstration Agent.

Extension — NEW HORIZONS FOR AGRICULTURAL ENGINEERS. C. W. Warburton. (Agricultural Engineering. Vol. 18, August 1937, no. 8, pp. 346-348.) Dr. Warburton says in this address, "In our enthusiasm for the use of electricity on the farm we should not forget that for a good many years to come many farm homes probably will have to depend on other means of lighting and of operating small machinery and equipment. I am not certain that it is the job of the engineer, but I believe someone could render a real service if he would write a short common-sense extension bulletin on kerosene lamps, and another one on the efficient operation of heating and cooking equipment. Sometimes we are so impressed with the possibilities of great advances which may be made by a comparative few that we lose sight of the shorter steps which we might help the great mass of our people to make."

Food and Nutrition — THE DIGESTIVE QUALIFICATIONS OF MAN. E. G. Wakefield and Charles W. Mayo. (The American Journal of Digestive Diseases and Nutrition. Vol. 4, July 1937, no. 5, pp. 287-291, illus. 3.) Compares the digestive apparatus of man with that of other animals both carnivorous and herbivorous and reports findings in the study of diets of man through the ages. It says, "It is obvious that the versatility of the human digestive system, which is evidenced by the number and variety of foods ingested daily, has not been gained in recent times. This versatility, so far as the human species is concerned, is an ancient endowment." Primitive man on occasion partook of a great variety of food to sustain life. He had the digestive organs for the assimilation of fish, fowl, and other animals as well as plants, that could adapt him to any terrestrial habitation. So any food is normal to man so long as it does not contain large amounts of cellulose, chetin, or similar materials which require specialized anatomic structures for storage and digestion. He has the common enzymes of both carnivora and herbivora. The upright position of man has given him no digestive handicap.

Food and Nutrition — WHAT PRICE ADEQUATE DIETS? Hazel K. Stiebeling. (Woman's Home Companion. Vol. 44, September 1937, no. 9, pp. 63, 100.) A report of the study being conducted by the U. S. Department of Agriculture to determine the nutritive adequacy of the diets of families spending various amounts for food. It says in part that our average diet in this country tends to be better fortified in calories and protein than in minerals and vitamins. The shortages are most likely to be in calcium and iron among the minerals and A and B vitamins in the North and West, and vitamin G and the pellagra-preventing factors in the South. The author tells how to improve diets and closes by saying that cost alone is not a measure of the desirability of a diet. "A low-cost assortment of foods properly selected may give better returns in nutrition and health than a more expensive list chosen at random. This is where the special knowledge and managerial ability of the homemaker comes in."

Food and Nutrition — NUTRITION PROBLEMS IN EDUCATION. James S. McLester. (The Journal of the American Medical Association. Vol. 109, September 11, 1937, no. 11, pp. 838-839.) Discusses the various features of a nutrition program for public schools. "The aim in nutritional education is to reach the optimum for the student body as a whole. Work in building up individual children is too limited in scope. The emphasis on any one essential food factor is apt to lead to food faddism and this the nutrition teacher should combat at all times. A nutritional program for the public schools should include not only measures for the detection of the individual case of nutritional failure but comprehensive efforts toward an improvement in the nutritional status of the entire student body. It should be broadly educational."

Housing

I'VE GOT MY OWN IDEAS. Ethel B. Power. (House Beautiful. Vol. 79, September 1937, no. 9, pp. 52-53, 110-114.) Expresses the author's ideas after many years of planning of what should be included in a livable house. She says there must be a hall with a chest for gloves, etc., one chair, and stairs wide enough for furniture to be carried up without damage to walls, living room large enough for each member of the household to have his own lamp and chair, and some space for visitors; a room for study, reading, or quiet work - this she calls an escape room; bedrooms that will accommodate a chair and table besides the bed and dresser, so owners can use each as their own sitting rooms. And there must be ample closet space.

Housing

WITHOUT BENEFIT OF ARCHITECT. Frazier Foreman Peters. (G. P. Putnam's Sons, N. Y., 1937, pp. 211.) Intended for persons who for one reason or another have to buy or build without the advice of an architect. It says that at present about 2 percent of Americans acquire their homes with the assistance of an architect. It then analyzes the various factors involved in acquiring or constructing a house and making it livable. Contents: The aiming point; Personal budget or how much can I spend?; Mortgages--source and amount; Remodeling--profitable or otherwise; Prefabricated houses--the great question mark; Land - where should I buy?; The purchase contract--what should it include?; Public utilities and their extension; The well; Pumps; The septic tank--what makes the wheels go round?; Plans--how shall I get and use them?; Contractors--one or many?; The building contract--its form and what it should include; Contract--payments; Liens--what manner of fish and how can they be avoided?; The building inspector as a helpmate; Grading and planting--how much is necessary?; Cellar--how much?, of what should it be built?; The outside frame--what material?; The relative costs of materials for the outside shell; Masonry--short cuts in its supervision; Fireplaces and chimneys; Masonry floor coverings--inside and outside; Carpentry--the wood frame, and Exterior trim; Roofs--what material and relative costs; Insulation--the various types and their uses; Termites; Windows--steel and wood; Carpentry--general interior trim; Carpentry accessories: bookcases, corner cabinets, and mantels; Kitchen cabinets; Floor coverings--carpet; linoleum; tile--rubber, asphalt, or clay; wood--pine, oak, or fir; Sound deadening; Hardware--round and ready or fancy; Plaster and plaster base; Bathroom and kitchen wall coverings; Electrical; Paint and paper; Plumbing and plumbing fixtures; Sheet metal; Summer air-conditioning--when?; Winter air-conditioning--of what does it consist?; Heating systems--a general discussion of the modern improvements in all three types: hot air, steam, and hot water; The heating plant--the final selection; What fuel?; Oil burners--what make?; Domestic hot water supply; The budget or what is a balanced ration?; A check list for preparing a specification--lest we forget; Ship ahoy or what should you do to keep it afloat?; The dark horses of the future--steel and concrete; In conclusion.

Clothing and Textiles — DYES--HOW THEY ARE MADE. C. Scott Althouse. (American Dyestuff Reporter. Vol. 26, July 12, 1937, no. 14, pp. 386-388.) A simple explanation of how colors or dyes are made from coal-tar products combined with other chemicals.

Clothing and Textiles — THE PRACTICAL SIDE OF TIN-WEIGHTING SILK. Hans A. Holterhoff. (American Dyestuff Reporter. Vol. 26, June 28, 1937, no. 13, pp. 358-361.) Tells how and how much silks are weighted with tin and other substances.

Clothing and Textiles — THE APPROACH OF THE ZIPPER. Don Layman. (The National Cleaner and Dyer. Vol. 28, April 1937, no. 4, pp. 24 and 26, and 86, illus. 6.) Tells how to put zippers on skirt and trouser plackets.

Clothing and Textiles — HISTORICAL FASHION SHOW AT COLUMBIA'S SUMMER SESSION. (Rayon Textile Monthly. Vol. 18, August 1937, no. 8, pp. 29.) The conclusions drawn from the pageant described here are that through the ages people have liked best clothing requiring a considerable amount of fabric for its construction. The reason given was that the short, narrow skirts looked funny beside the long, full ones.

Clothing and Textiles — SHAWL PRINTING AND ITS IMPORTANCE. Raffaele Sansone. (Textile Colorist. Vol. 59, May 1937, no. 701, pp. 305-307.) Indicates an increase in the use of shawls and describes how some new effects are being produced in making them.

Handicraft — LET'S MAKE A POT POURRI. (The Rural New-Yorker. Vol. 46, July 17, 1937, no. 5403, pp. 538.) Instructions and recipes for making several kinds of potpourri from flowers like roses, lavender, sweet peas, clove pinks, etc., and for collecting floral oils.

Handicraft — CROCHET BOOK. Elizabeth King, Leisure League Little Book no. 18, (N. Y.: Leisure League of America, 1935, pp. 95, illus.) Explains how to use crocheting as a recreation and gives detailed instructions for different types of stitches. Chapter headings: The beginning of crochet; Blouses; Designing and making your own blouse and skirt; Caps, scarves, and beret; Purses and bags; Bedspread; Luncheon set; Accessories; Round doilies; Edges; Filet crochet; Definitions and explanations; Abbreviations.

VI 3 1

United States Department of Agriculture
Extension Service, Division of Cooperative Extension
Washington, D. C.

No. 288 October 27, 1937.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Child MANNERS CHANGE WITH THE TIMES. Clara B. Dean. (National Parent-Teacher. Vol. 32, Sept. 1937, no. 1, pp. 16, 17, 28, illus. 3.) The importance of developing habitual good manners by starting early in life to do the kind, thoughtful thing motivated by sensitivity and judgment. This should be taught by example, by treating the child in polite ways and in avoiding the formation of rude habits.

Child INFANT BEHAVIOR. Mandel Sherman, Irene Sherman, and Charles D. Flory. (Johns Hopkins Press, Baltimore. Comparative Psychology Monographs. Vol. 12, April 1936, no. 4, ser. no. 59, pp. 107.) Contents: The experimental conditions; Reactions of the eyes; Responses to pain stimuli; Defense reactions; Movements of the legs in response to a pressure stimulus; The grasp reflex; Miscellaneous reflex responses; Infant behavior patterns; Summary; Theoretical considerations. The conclusions reached are in part: "Behavior patterns of infants are inconstant. Regarding specific behavior items, an infant is as likely to cry as to be quiet, and as likely to be wet as to be dry when examined at any given time. With age the frequency of quiet and of wetness increases. The infants who were classified as 'good' babies by the nurses were less responsive to a number of the stimulating conditions than the entire group. Sensorimotor and defective responses of newborn infants are probably dependent upon subcortical processes. These responses change in type as cortical dominance develops."

Child PROBLEM CHILDREN. John Edward Bentley. (N.Y.:W. W. Norton & Co., Inc., 1936, pp. 437 + XXIII.) The parts of this book are: The physical disabilities of problem children; The psychological approach to the study of problem children; The social disabilities of problem children; The educational disabilities of problem children.

Management COOPERATIVE MARKETING OF FARM PRODUCTS IN THE UNITED STATES. Henry F. White (John Brown Univ. Press, Siloam Springs, Ark., 1937, pp. 176.) Cooperative selling of farm products, and not buying for consumption, is discussed.

Management INFORMATIVE LABELING. Editor. (American Dyestuff Reporter. Vol. 26, June 14, 1937, no. 12, pp. 347-348.) A reprint of some quotations from an article entitled "Consumer Problems" in the same periodical for May 31, 1937. The material is reprinted because the editor feels the importance of giving the consumer goods so marked that he will have no difficulty in ascertaining that the quality is right as far as his personal needs and desires are concerned. The quotations point out difficulties, as well as what can be done in labeling.

Management SHOPPING MAKES ME MAD. Frances Dickson. (Nation's Business. Vol. 25, Aug. 1937, no. 8, pp. 42, 44, 46, 86.) Points out the difficulties customers often have in getting the goods they desire in modern stores and how clerks scornfully tell them that the things they want are "not worn" rather than to tell the customer that they do not happen to have that particular thing in stock.

Management DON'T MIND YOUR OWN BUSINESS! O. R. Johnson. (Nation's Business. Vol. 25, Aug. 1937, no. 8, pp. 74, 76, 78.) This article on selling goods says that the consuming public is rapidly becoming more and more fickle. In the years before the World War, 70 to 80 percent of American consumers' expenditures were for staple or dependable variety goods. Trade in these have now dropped to somewhere between 60 and 65 percent. The other goods are those about which the customer may readily change her mind, as they are of the luxury type. It says that while increased incomes, research, and advertising are all operating to increase the fickleness of customers, other phases are at work in industry making the production facilities increasingly rigid and progressively less adjustable to the changes of Mrs. Smith's mind. It then takes up the great loss due to obsolescence.

Management THE CONSUMER WANTS TO KNOW. Louise Jonas. (The National Cleaner and Dyer. Vol. 28, July 1937, no. 7, pp. 22, 24.) Emphasizes the need for correct labeling and fiber identification. This is important information to have when garments are sent to the dry-cleaner or are laundered. "What the consumer wants to know about a fabric is: What is it? How will it wear? Who tested it? What grade is it? What's the difference between this and that article? Is it to be dry-cleaned or washed? and, Who is behind it?"

Housing

AN ANALYSIS OF THE 1937 HOUSING ACT. Frank Carnahan. (The Southern Lumber Journal. Vol. 41, Sept. 1937, no. 9, pp. 16.) The author says, "The housing bill as passed will hardly be recognized as the original bill introduced by Senator Wagner in the opening days of Congress. The bill as it finally came out of Congress is an effort on the part of that body to bring out a strictly slum-clearance bill, and limitations and restrictions have been placed upon the appropriations, in an effort to confine it strictly to low-cost housing and demolition and removal of the slums. . . . One important item in the bill is that the local housing agency is required to pay out of the Federal annual contribution, the interest and amortization, instead of making these payments out of the rent collected from the tenants. It is expected this will lead to more prudent management. As stated above, we believe the bill as passed will result in only a minimum of competition or interference with private enterprise. . . . The testimony clearly showed that those in the lowest-income group earning $300 to $500 annually could not even pay the subsidized rental, and consequently will not be benefited by the bill; although there was much discussion of those in this group, no provision was made to take care of them."

Housing

HOUSING "RETIRED" FARMERS. Editorial (Wisconsin Agriculturist and Farmer. Vol. 64, April 24, 1937, no. 9, pp. 4.) This brief item states that there is a tendency for farmers to retire in a small dwelling on the original homestead instead of going to town as formerly. A small, new, modernized home is built near the original homestead and is occupied first by the young married couple, and as their family increases and the parents grow older, the houses are exchanged; the young couple move into the larger house, and the parents move into the smaller house. This tendency to keep the home fires burning for young and old on ancestral estates has been encouraged by modern ease of communication. This is a good sign, for it helps to perpetuate the normal family-sized farm ideal of a progressive, democratic agriculture.

Housing

IF YOU'RE GOING TO LIVE IN THE COUNTRY. Thomas H. Ormsbee and Richmond Huntley. (N.Y.: Thomas Y. Crowell Co., 1937, pp. XIV + 257, illus.) Tells the city man how to select a home in the country, what to look for in the house, the inconveniences to expect, and how to keep the house in condition for all seasons of the year.

Housing

KITCHENS--UNIT PLANNING NUMBER 3. (American Architect and Architecture. Vol. 50, March 1937, no. 2655, pp. 89-97, illus. 24.) Presents various plans for kitchens furnished with ready-made equipment. Discusses kitchen capacity, organization of plans, work centers, treatment of corners, clearance of doors, and location of windows, and gives many dimensions for various spaces in the plans.

Education

VERMONT REPORTS ON PARENT EDUCATION. Ellen C. Lombard. (School Life. Vol. 23, Sept. 1937, no. 1, pp. 16-17.) Describes and reports the results of a 5-year experiment in Vermont schools. Parents' meetings were conducted in connection with 14 nursery schools of the parent-education staff, and home visits were made. The services of the free traveling library of the State were offered in the more isolated rural communities. The State supervisor cooperated in a program with churches in 12 of the most neglected rural sections of the State. A monthly letter and radio program have reached other rural dwellers. State supervisors also assisted in home demonstration programs.

Extension

REPORT OF COMMITTEE ON STANDARDS. Woman's National Farm and Garden Association, Miss Madge J. Reese, chairman. (Garden Digest Home Acres Edition. Vol. 9, Sept. 1937, no. 8, pp. 16-20.) "A knowledge of high standards in marketing, in buying, in exhibiting, and in judging is essential for both the producer and the consumer, therefore the work of this committee is of interest to both the rural and urban membership of the association . . . Urban members have a big responsibility in interpreting desirable urban standards to farm women from whom they purchase, directly or indirectly, farm and home products. The home demonstration agents are doing a pretty good job in instructing farm women as to what is a marketable standard, but the cooperative efforts of the Extension Service and the Woman's National Farm and Garden Association could bring about more far-reaching results: for instance, if the home demonstration agents could say to the farm women, 'this is the standard', giving the detailed points for the particular product, which the members of the Woman's National Farm and Garden Association have adopted . . . First the urban membership must be sure as to what constitutes a good standard in the particular product. One of the easiest and best ways to learn this is through the study of score cards from authoritative sources. Score cards should be taken more seriously than they are sometimes by the laymen. The chief reason for score cards being organized in detail and numerical valuation given to detailed points is to teach the producer and the consumer the relative importance of the different points that should be considered both in producing and purchasing. No experienced judge needs to follow a score card, but an inexperienced judge is on safer ground by doing so until he learns the points in their relative importance."

Education

TRAINING GIRLS FOR ART VOCATIONS. Eleanor Shepherd Thompson (Toronto: Clarke, Irwin & Co., Ltd., 1935, pp. 139.) Discusses Selection of schools and industries; Teaching textile design; Teaching interior decoration; Teaching costume illustration; Teaching costume design. The conclusions of the study reported are that courses are of insufficient duration to fit students for industry, and there is not enough contact between the school and industry.

United States Department of Agriculture
Extension Service, Division of Cooperative Extension
Washington, D. C.

No. 289 November 3, 1937.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Equipment — WAFFLE IRONS. (Consumers' Digest. Vol. 1, May 1937, no. 5, pp. 14-15.) Warns against the use of waffle irons that lack guard sleeves. While using such devices great care must be taken to prevent touching the terminals when putting on or taking off the cord.

Equipment — AN AUTOMATICALLY CONTROLLED DISHWASHING MACHINE. Wesley C. Cox. (American Journal of Public Health and The Nation's Health. Vol. 27, Sept. 1937, no. 9, pp. 865-868, illus. 2.) The author says, "Dishwashing machines have been in use in this country for approximately 40 years. Although the machines have been mechanically improved, the utensils are now washed more quickly, more economically, and with less breakage than can be accomplished by hand, the sanitary efficiency of the entire process is dependent upon the machine operator, who is most often a transient, unskilled laborer. The essential steps in washing or processing of cooking and eating utensils are: (1) The removal of all soil by washing for the optimum length of time at the optimum temperature, with water to which a suitable detergent has been added in proper concentration, and (2) the removal of any bacteria which may remain, by rinsing with clear water also for the optimum time at the optimum temperature." He then describes a machine which is automatically controlled. The cleanliness of the dishes in machines manually controlled depends largely on the carefulness of the operator.

Equipment — THINGS YOU OUGHT TO KNOW ABOUT RUGS. Ruth Peck McLeod. (Arts and Decoration. Vol. 47, Sept. 1937, no. 1, pp. 34, 35, 46, 47, illus. 3.) Recommends examining all rugs in the setting in which they are to be used, before the purchase is completed. She then tells how rugs are treated in various ways to make them appear better than they are and what constitutes a good rug.

Food and Nutrition

U. S. PATENTS NEW FOOD CANS. Editorial (Forecast. Vol. 53, Oct. 1937, no. 8, pp. 364.) Describes new cans for food which have been invented to hold a variety of food for a meal. One type has partitions in the cans, the other consists of a rectangular tray containing smaller trays, each tray holding a different food and each opened with a separate key.

Food and Nutrition

METABOLIC STUDIES OF HUMAN SUBJECTS ON A SKIMMED MILK AND BANANA DIET. Roberta Sainsbury and Margaret Cammack Smith. (Journal of Home Economics. Vol. 29, Sept. 1937, no. 7, pp. 468-471.) A report of the banana and skimmed-milk diet used for reducing. In summing up the practical significance of the results of the study the author says, "The widely discussed milk and banana diet, though very monotonous, is effective in the reducing of weight of normal women but that it tends to reduce the hemoglobin concentration of the blood and to cause a loss of nitrogen. Substitution of lean beef for part of the bananas tended to prevent these undesirable changes."

Food and Nutrition

VITAMIN E AND GROWTH. H. S. Olcott and H. A. Mattill. (The Journal of Nutrition. Vol. 14, Sept. 10, 1937, no. 3, pp. 305-315.) A report of research conducted at the biochemical laboratory of Iowa State University to find evidence as to whether or not vitamin E promotes growth and general well-being in addition to preventing sterility in male and female rats. The summary shows, "an uncomplicated vitamin E deficiency is not the cause of the early decline in growth rate and the appearance of serious malnutrition and paralysis recently observed by Blumberg and Ringsted; normal early growth is not dependent on the presence of vitamin E."

Food and Nutrition

LET'S TALK GARDENS--STORING VEGETABLES FOR WINTER. C. H. Nissley. (The Poultry Item. Vol. 39, Oct. 1937, no. 12, pp. 34.) Six general rules are given for storage of vegetables for winter: "1. Never handle vegetables when they are wet. 2. They should not be too old, nor immature. 3. Handle every specimen with care, because decay usually starts from bruises. 4. If tender vegetables are exposed to frost before they reach storage, they are not likely to keep. 5. Even hardy crops such as beets, carrots, and turnips may be injured by freezing. 6. All vegetables should not be stored under the same conditions - some require a cool, moist storage place; others require a cool, dry place; and still others require a warm, dry place." Describes storage facilities for cabbages, small roots, hardy plants, potatoes, sweetpotatoes, squash, and pumpkins.

Personal

CHALLENGE TO FARM WOMEN. (The Rural New-Yorker. Vol. 96, Aug. 28, 1937, no. 5406, pp. 608.) A farmer's wife in this letter says: It is about time that farm women assert themselves and stop cartoonists and others from depicting them as gaunt women, with sunbonnets and stringy hair, with a whole group of children clinging to their skirts, and more often than not with a washtub in sight. Also correct the idea that many town women have, that on a farm one can wear any kind of old clothes. It then outlines a routine for the farm woman to follow in keeping up her personal appearance. This includes a time budget for all her activities, a bath and fresh clothing each day, a weekly shampoo, attend to little touches as pushing back the cuticle on hands when drying them. Take time to read a bit.

Personal

WAKE UP AND LIVE! Dorothea Brande, (N.Y.: Simon and Schuster, 1936, pp. 198). The chapter headings are: Why do we fail?; The will to fail; Victims of the will to fail; The rewards of failure; Righting the direction; The system in operation; Warning and qualifications; On saving breath; The task of the imagination; On codes and standards; Twelve disciplines; And the best of luck! The thesis of this author is that we spend as much time and energy in making a failure of ourselves as we might in making a certain degree of success. She then tells how to use time and energy to better advantage than many people use them.

Personal

STREAMLINE YOUR MIND. James Lockhart Mursell. (J. P. Lippincott Co., Phila: 1936, pp. 254.) The chapter headings written in popular style on the theme of how to increase your efficiency are: The psychologist looks you over; The great essential; the will to learn; Fumbling, fooling, failing, succeeding; Some useful hints; Consolidating gains; Using what you've got; Acquiring physical skill; Eating, drinking, smoking, sleeping; Governing your memory; Governing your imagination; Learning to think effectively; Mastering and using language; Bogies, obstacles, limitations; possibilities; The psychologist sums up.

Personal

FINDING YOURSELF IN YOUR WORK. Harry Walker Hepner. (N.Y.: D. Appleton Century Co., Inc., 1937, pp. XVIII + 297, illus.) Includes: Getting the right slant on yourself; Planning for a happy career; and Aids for recognizing a suitable career. The chapters contain many tests to give one's self to determine one's capacity. It is designed for those just entering on their life's work.

Child HALLOWE'EN--THE FATHER'S PROBLEM. J. W. F. Davies. (National Parent-Teacher. Vol. 32, Oct. 1937, no. 2, pp. 32-33.) An outline which says that fathers should guide the activities of young people on Halloween to prevent their being destructive; that such an evening would be less expensive to the community even with an elaborate program than the usual activities without guidance. Suggestions for an evening's entertainment are given.

Child THE EXCEPTIONAL CHILD AT HOME AND AT SCHOOL. Winifred Richmond, and John Edward Bentley. (Child Research Clinic of the Woods Schools, Langhorne, Pa. Vol. II, no. 5, whole no. 11, pp. 31.) This bulletin contains two papers, one on the exceptional child and the family constellation, and the other on the service to school and home of the child guidance clinic presented at discussion conferences on The Exceptional Child at Home and at School, held in Washington, D. C., and New York City, during the winter of 1936-37.

The conclusions of Dr. Richmond's paper are: "The most important thing in the life of any individual is the family into which he is born, not only because it gives him his heredity, starts him off on the road of life well or poorly equipped for the journey, but also because the experiences he meets within the family will lay down the patterns over which his personality will be developed. . . . The exceptional child, because of his difference from the average, and because his needs are not understood or very difficult to meet, is hard to assimilate in the average family. Either he will receive too much attention, be loved not wisely but too well, or he will set up feelings of frustration, or attitudes of grief, anxiety, or irritations in the other members of the family group. A generation or so ago, little could be done in this situation except to bear it with as much equanimity as could be attained. Today, medicine and psychology have advanced to the point where they can be of much service in helping the family to understand the exceptional child, and in many cases to handle him in a fashion more suited to his needs."

Child CHILDREN MUST BE READY TO LEARN. Carleton Washburne. (Parents' Magazine. Vol. 12, Oct. 1937, no. 10, pp. 18-19, 55-56.) An article which warns against urging the child to learn before he is ready, but advocates that parents and teachers be ready to teach when the child becomes eager to know about the world or the part of it about them. It says that "the spinach of academic disciplines is ruthlessly forced down unready throats until loathing supplants appetite." There is a right age for learning as well as for different types of diet. It tells mainly how to fit the child's educational diet to his age.

United States Department of Agriculture
Extension Service, Division of Cooperative Extension,
Washington, D. C.

No. 290 November 10, 1937.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Extension — HOMEMAKERS CONTRIBUTE TO PROGRAM PLANS. Minnie Price. (Forecast. Vol. 53, Oct. 1937, no. 8, pp. 340.) The author begins by saying, "Today rural homemakers are studying their homes and communities, analyzing their difficulties, and voicing their needs and desires as they meet with staff members to plan home-demonstration programs. This cooperative analysis and planning is one of the most encouraging aspects of home demonstration work. It is a democratic procedure, and aids in building a better type of program." She then tells about program planning and new activities in home demonstration work.

Extension — HOME FURNISHING PROJECT DEVELOPS BETTER BUYERS. As told to Jeanne McGregor by Florence E. Wright. (Forecast Vol. 53, Oct. 1937, no. 8, pp. 352-354, 376, 382, illus. 4.) Tells of home-furnishing projects in New York State.

Extension — YOU CAN MAKE BEDDING. Frances W. Pew. (Pacific Rural Press. Vol. 134, Aug. 21, 1937, no. 8, pp. 194.) An extension specialist tells how to make carded-wool bed covering.

Extension — WISCONSIN CHEESE DISHES. (Wisconsin Agriculturist and Farmer. Vol. 64, June 19, 1937, no. 13, pp. 12.) This article quotes from Wisconsin's Extension Service leaflet on cheese dishes and cottage cheese. The recipes were evolved by the experiment station and tested at home demonstration meetings and in turn made up in the homes of the farm women.

Housing

COMMON SENSE IN KITCHEN PLANNING. (American Builder. Vol. 59, June 1937, no. 6, pp. 82-83, 144, illus. 6.) Illustrated with six plans of kitchens which, it is said, help to make a house sell well because they give satisfaction. In each of these, space is provided for each type of work. The new shaped plan is considered one of the best and simplest arrangements. Specifications and details of construction are given, such as "flush panel doors are recommended for the kitchen as they are easiest to keep clean."

Housing

HOW TO BUILD TO SAVE FUEL. (American Builder. Vol. 59, June 1937, no. 6, pp. 76-77.) Some tests made in Wisconsin. The theoretical results of fuel saving on nine types of houses is reported. According to the interpretation of this study, storm doors and storm sashes and 4-inch insulation on ceiling and walls give the greatest saving in fuel and lower the cost of the heating plant. The cost of construction of such a house is somewhat more than that for other types, but in the end the net saving is increased considerably over the next-best construction.

Housing

HOME, SWEET HOME. Editorial (Wisconsin Agriculturist and Farmer. Vol. 64, April 24, 1937, no. 9, pp. 4.) Comments upon the fact that farm homes are being remodeled and new ones built, especially during the last year. Some different ideas noted in remodeling are: Screened porches to keep out flies and vermin, and glazed sun porches for extra living rooms; better roofing, flooring, cellar improvements, and foundation repairs; new furnaces, water systems, bathrooms, and electricity; insulation--getting more attention than formerly. Tendency toward smaller, compact homes, with landscaping of entire premises done by the family, making it home for all members of the family.

Housing

ENGLISH HOUSING POLICY SINCE THE WAR. Kaethe K. Liepmann. (The American Economic Review. Vol. 27, Sept. 1937, no. 3, pp. 503-518.) Describes what has been done in the housing program started in England in 1919. States that housing standards have been raised; compares the English organization of subsidizing building with that of other European countries, the building societies formed, and policies in vogue. In the present situation, housing the population is being tackled from two ends. Private enterprise is expected to provide houses for those classes that can pay economic rent, and the housing program takes care of those needing assistance. A table shows the output of housing during this period. Rent rates and restrictions are discussed. Conclusions are that the worst grievances have been tackled sucessfully - namely, slums and overcrowding. What remains to be done is to lift the admittedly inadequate housing standards of the bulk of self-supporting working-class families.

General IS HOME ECONOMICS A GROWING PROFESSION? Eduard C. Lindeman. (Journal of Home Economics. Vol. 29, Sept. 1937, no. 7, pp. 433-436.) The author says, "Without attempting to delineate a strictly historical evolution of the profession of home economics, I shall merely indicate in the following outline the various stages through which the profession has passed. . . .

I. The profession of home economics seems to have begun by stressing the application of the newer physical sciences such as chemistry and physics to the business of managing a home. This may be called the 'cooking and sewing' epoch. . . .

II. The next emphasis in home economics seems to have arisen as a response to another group of sciences, namely, those impinging on health and particularly the new science of bacteriology. . . . and the efficiency 'drive' augmented by the introduction of numerous household conveniences and labor-saving devices. . . .

III. The child-training emphasis in home economics now rises to the fore and may be said to have been a response to the sociological fact of decreases in the size of American families and also to the newer psychology based on the conditioning conception. . . .

IV. The next stage of home economics development centered upon family life itself. . . .

(Lastly). All of the above suggestions may now be combined into a single proposal: Home economics specialists who look toward the future will be primarily concerned with the problem of adjusting family life to the machine age; they will now study family life from the point of view of social change. . . . Social planning must come from two directions if the democratic process is to be preserved, namely, from above and from below. The best assurance that a planned society may eventuate in this country seems to me to depend upon not merely engineers but family builders. After all, the family is the center of our society, and all planning receives its final rationale in terms of family experience. Home economics specialists of the future will find themselves at a most strategic and statesmanlike point if they learn how to become family planners."

General TEXTBOOK OF APPLIED BIOCHEMISTRY. Frank Wokes. (London: Bailliere, Tindall, and Cox, 1937, pp. IX + 522, illus. 79.) A technical textbook for advanced students. The contents are: The biochemical importance of water; Hydrogen ion concentration; Surface phenomena and colloids; Spectroscopy; Sources and properties of ultra-violet light; Carbohydrates; Fats; Proteins and other nitrogenous compounds; Enzymes and respiration; Bacteria; Hormones; Vitamins.

General THE NEW ELEMENTARY HOME ECONOMICS. Mary Lockwood Matthews. (Boston: Little, Brown and Co., 1931, Rev. 1936, pp. XV + 623, illus.) A revised edition of text published first in 1931.

Food and Nutrition — A HANDBOOK OF FOOD PREPARATION. Susan F. West and Louise Sobye. (The MacMillan Co., N.Y., 1937, XI + 389.) A laboratory manual designed for college courses in food preparation. Contains exercises and outlines for experiments in cookery.

Food and Nutrition — ELIZA'S COOK BOOK. Negro Culinary Art Club. (Wetzel Pub. Co. Inc., Los Angeles, 1936, pp. 101.) A cookbook.

Food and Nutrition — MODERN VIEWS OF VITAMINS AND TREATMENT OF NUTRITIONAL DISORDERS. Jacob Gutman. (Medical Record. Vol. 146, Aug. 18, 1937, no. 4, Whole no. 2599, pp. 179-181.) Discusses the various vitamins and their use.

Food and Nutrition — PROGRESS IN THE VITAMIN FIELD. Walter H. Eddy. (Journal of the American Dietetic Association. Vol. 13, Sept. 1937, no. 3, pp. 223-234.) A report of progress in the study of vitamins during the year ended May 1937. Closes by saying there is much need for further practical knowledge in the use of vitamins.

Food and Nutrition — 1001 SANDWICHES. Florence A. Cowles. (Boston, Little Brown and Co., 1936, pp. VII + 288.) An enlargement of a previous book entitled, "700 Sandwiches." The kinds of sandwiches described are meat, eggs, fish, butters, vegetable, fruit and nut, salad, hot, club and layer, novelty, openface, sweet, and cake.

Food and Nutrition — FRUIT JUICE CANNING. M. A. Joslyn and G. L. Marsh. (Food Industries. Vol. 9, Oct. 1937, no. 10, pp. 580-583.) The authors say cans have largely replaced bottles in the fruit-juice industry and that "still" juices have become more popular than carbonated ones. A recent survey shows that most of these juices are served in the home at breakfast, and next, mostly as a between-meals drink, especially for children. The use of juice in beverages such as punches and ades and in mixed drinks was the least important in the home. Good juice cannot be made from moldy, decayed, or split fruit, but off-size, blemished, or sound fruits otherwise unsalable can be so used. Proper storage of canned juices in a cold place will minimize changes in flavor.

United States Department of Agriculture
Extension Service
Washington, D. C.

No. 291. November 17, 1937.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Education

IDEALS IN EDUCATION. Robert M. Hutchins. (The American Journal of Sociology. Vol. 63, July 1937, No. 1, pp. 1-15.) This abstract states: "The character of education is determined by the character of society. The love of money, and the desire for freedom to make it and equality of opportunity to pursue it, are the current ideals of the United States. The consequences of these ideals in American education have been to emphasize vocational education, to base the curriculum on obsolescent knowledge, to omit the consideration of moral questions, and to sacrifice intellectual development in favor of vocational techniques and the acquisition of information. The educational system reconstructed according to the ideal of the common good as determined in the light of reason will have as its primary object the cultivation of the intellectual virtues." The mobility of our population means that it is doubtful if a course of study can be designed to make the student successful in any localized economic environment, and there is no valid or stable knowledge to pass on to the younger generation if knowledge is information. The author urges the cultivation of ideals.

Education

EDUCATIONAL PSYCHOLOGY. Charles E. Skinner, Ed. (N.Y. Prentice-Hall, Inc., 1936, pp. XXVI + 754.) A compilation of papers by Charles E. Skinner, John D. Lawther, George W. Hartmann, John M. Fletcher, Francis F. Powers, Paul L. Boynton, Robert A. Davis, K. C. Garrison, Paul A. Witty, Walter J. Gifford, Robert T. Rock, Jr., M. R. Trabue, T. R. McConnell, J. Stanley Gray, Arthur T. Jersild, Mehran K. Thomson, Edmund S. Conklin, Edward A. Lincoln, L. W. Webb, Frank S. Freeman, Ernest R. Wood, Adolph W. Aleck, F. A. Moss, John N. Washburne, and J. E. Wallace Wallin. The papers are grouped under the general headings: Introduction; Growth; Learning; Individual differences and their measurement; Adjustment and guidance; A manifold view of educational psychology.

Housing

VENTILATION MANUAL FOR SHEET METAL CONTRACTORS. Paul R. Jordan. (N.Y., Edwin A. Scott, 1936, pp. XII + 351.) Intended for the engineer. Contains information in chapter 12 on cooling with night air, chapter 15 on ventilation for breathing, chapter 27 on attic ventilation, chapter 31 on basement ventilation, chapter 55 on residence cooling, and chapter 56 on residence ventilation.

Housing

INSULATION--AIR CONDITIONING. R. E. Backstrom. (American Builder. Vol. 59, July 1937, No. 7, pp. 86, 88, 90, 92, 94.) The author says that in winter the conditioning system is expected to heat, humidify, filter, circulate, and ventilate. In summer it is expected to cool, dehumidify, filter, circulate, and ventilate. Discusses systems for small six-room dwellings, and the importance of insulation in making air-conditioning practical. Two tables show the total annual heating requirements for different types of construction and the maximum hourly heat gain.

Housing

THE GAMBLE OF HOME OWNERSHIP. Clifford B. Reeves. (The Atlantic Monthly. Vol. 159, April 1937, No. 4, pp. 450-455.) On the costs of housing. The author says that "insolvent home owners have been one of the greatest causes of social unrest in recent years. And of the question, 'How much saving does home ownership make possible?' I have heard people say that they are planning to buy a home because they are 'tired of paying rent.' It is difficult to believe that such people can be so naive and unsophisticated as to think that their regular out-of-pocket expenses will be substantially reduced merely because they hold title to a house, subject to a large mortgage instead of a lease on it. But I have known a few who were not actually aware that their payments of 'rent' continued in surprisingly similar amounts even after a home has been bought." Warns against using too much credit for improving homes already built.

Housing

THE HOUSE: A MACHINE FOR LIVING IN. Anthony Bertram. (London, A. & C. Black, Ltd., 1936, pp. 115.) Considers the house with relation to its functional use in the art and science of homemaking. The chapters are: What is a house?; A house is a shelter, which is defined into the shell, access to the shell, lighting and ventilating the shell, warming the shell; A house satisfies our needs, of food, sleep, recreation, health and cleanliness, and beauty. Closes with an epilogue entitled, "Little Man, What Now?" It is written from the British point of view.

Clothing and Textiles

FABRIC IDENTIFICATION. Editor. (American Wool and Cotton Reporter. Vol. 51, October 7, 1937, No. 40, pp. 1, 37-38.) Belittles recent discussions of fabric identification and labeling of cloths. Says most people are in favor of some satisfactory method of identification but that much of the discussion is by people who apparently are not sufficiently familiar with the subject to discuss it intelligently; that identification would not end troubles; that unsatisfactory fabrics can be made from all fibers; and that to keep within the desired price limits with rising costs of production, actual value in fabrics from the various fibers is being reduced.

Clothing and Textiles

THE SPOTTING MANUAL OF THE DRY-CLEANING INDUSTRY. Allen O. Fligor, and Paul C. Trimble. (N.Y., The National Cleaner and Dyer, 1937, pp. 282, illus. 42.) Though written for the dry-cleaning industry, the book contains much information that might be applied in home cleaning of garments. Includes identification of fabrics; identification of stains by sight, odor, color, feel, location, and occupation; the spotter's equipment; and methods of removal of spots and stains. Directions are given for the removal of various kinds of stains.

Clothing and Textiles

CO-OPERATION BETWEEN MAKER-UP AND MANUFACTURER. G. Haigh, (Journal of the Textile Institute. Vol. 28, May 1937, No. 5, pp. 103, 109.) Points out defects that may be found in yard goods, such as variation in width, which may be due to the way the cloth has been rolled up. There may also be variations in weight, strength, shade, or finish. The checks or plaids may be drawn out of line.

Clothing and Textiles

MORE NOTES ON FUR REPAIR AND REMODELING. William Palmer. (The National Cleaner and Dyer. Vol. 28, July 1937, No. 7, pp. 18-20, 82-84, illus. 14.) The last of a series on handling furs, giving instruction on repairing and remodeling them. Says that fully as much care should be used when inserting a patch as in making the original article. The piece must match in color, length of hair, and in the lay of the hair. A patch must come from the same type of animal and from approximately the same part of the pelt. In sewing seams, care must be taken to push the hair down between the skins as stitching progresses. A sure sign of inexpert work is irregular stitching or tufts of hair caught in the seams. After the seam is finished it must be pushed or hammered down so that the edges fit together as do the parts of a jigsaw puzzle. A large spool is a handy tool to use for this hammering. Illustrations show how pieces are put together, how seams are made, and how patches are inserted.

Social VALIDITY OF THE MEASUREMENT OF SOCIAL TRAITS OF HIGH SCHOOL PUPILS BY THE METHOD OF RATING BY ASSOCIATES. Harold O. Soderquist. (Journal of Educational Research. Vol. 31, September 1937, No. 1, pp. 29-44.) A study made at Wayne University, showing that nonintellectual personality traits were most accurately rated by the child's associates.

Social SPORTS "CARRY-OVER" IN THE HOME RECREATION PROGRAM. W. A. Kearns, (Recreation. Vol. 31, October 1937, No. 7, pp. 427-428, 453-454.) Emphasizes the importance of "Dad" in the home recreation program, and says that a plan is more essential than elaborate equipment. A desire and a planned program are the first steps toward recreation in the home. Family hiking outings go further toward regulating and improving family relationships than does almost any other activity.

Social RURAL RECREATION. Ethel W. Gardner. (Rural America. Vol. 15, September 1937, no. 6, pp. 12, 13.) Points out how recreation in a rural community differs from that in a city because of the mental attitude of the people toward time, the limited facilities and equipment, and the physical difficulties involved in bringing groups together during a large part of the year. In the life of a farmer, emphasis is placed on recreation which will give the farmer, his wife, and children renewed zeal when they return to their work. Things are listed that can be done in communities lacking theatrical equipment, gymnasiums, and musical instruments. An organized program in rural recreation is suggested that should include (1) the formation of a recreation council or committee to study the recreational needs of the community and to plan a program based on those needs; (2) the training of local leaders in recreation that they may carry on a varied program; (3) the constant emphasis on a varied recreation program to include music, handicraft, outdoor activities, dancing, nature study, and hobbies; (5) the cooperation of all the organizations in the community to work toward the goal of an all-round recreation program. Cites some examples of recreation work carried on by the extension service of New Hampshire.

Social FEWER CHILDREN IN THE SCHOOLS. Editorial. (School and Society. Vol. 46, September 25, 1937, No. 1187, pp. 409.) Reports figures from the United States Office of Education showing a decline in number of children entering the primary grade of school this year as the result of declining birth rates, which also indicate a decreasing population in the near future. Such a decrease would be a bigger factor than is generally realized in relation to consumption of surplus crops and manufactured goods.

UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service, Division of Cooperative Extension
Washington, D. C.

No. 292 November 24, 1937.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Markets and Crafts — GOURMETS GATHER HERE. Anna Steese Richardson. (Woman's Home Companion. Vol. 64, No. 10, pp. 27, 30, 32, October 1937.) A description and discussion of the farm women's cooperative market at Bethesda, Md.

Markets and Crafts — FEAR THE FACTS AND FOOL THE WOMEN. Margaret Dana. (The Atlantic Monthly. Vol. 159, No. 4, pp. 397-405, April 1937.) How business man have given less attention to the quality of their goods and more to the psychology of the buying public, and to the study of human weaknesses that may help them to get rid of their goods at a good profit. One thing wrong with present business conditions is that too much is "made to sell for a certain price" with little thought for quality, suitability, etc. The rebellion of consumers is not against merchandise but against the manner of its presentation, and the real producers of this country have never approved or trusted the new sellers' policy.

Markets and Crafts — THE SHORTEST ROAD TO THE CONSUMER. (American Agriculturist. Vol. 134, No. 19, pp. 2, September 11, 1937.) A short article in two parts. The best seller at roadside markets is anything that requires little cooking, such as tomatoes, cucumbers, sweet corn, and fruit. Repeat buyers travel on the old highways and are not of the traffic which whizzes by. Five rules are given for a market's success: (1) A fair amount of traffic. The heavier the traffic, the bigger the stand can be. However, the man living on a back road and growing a specialized crop may get trade by advertising in season. (2) Readable, attractive signs far enough from the stand to allow the prospective customer to slow down and stop. (3) A place where the buyer may park his car off the road. (4) Fresh produce attractively displayed. (5) Some owners feel that the "baker's dozen"--a little more than the customer pays for--builds good will and attracts repeat orders.

Management

THE STRATEGIC ROLE OF THE CONSUMER: DOLLARS-AND-CENTS ECONOMICS ARE NOT THE WHOLE OF THE CONSUMER'S PROBLEM. Caroline F. Ware. (Journal of the American Association of University Women. Vol. 31, No. 1, pp. 14-17, October 1937.) Discusses consumer problems. "The advertisers know well how to play on our fears, how to encourage our daydreaming, how to keep us from being critical. It is their business to do just that. They have developed very extensively the technique of making us do things because we have some pleasant or unpleasant association, rather than because we have thought the matter out. ... Our democratic institutions presuppose us to be intelligent individuals who can examine issues and can act rationally. Our academic institutions, our training in scientific procedures, our rational processes, are directed toward this end. But our economic institutions are operating on another principle, the principle of manipulation. The question is, "How long can our academic institutions, resting upon free inquiry, and our political institutions, resting upon democratic procedures, stand up to this kind of pressure in the economic sphere?" It is worth remembering that countries ruled by dictators have departments of propaganda whose job is to duplicate in the political sphere what our advertisers do in the economic area,--make the public stop thinking, stop reasoning, and act on the basis of associated ideas, not logical thought. ... It is fitting that we, university women trained to use our minds, should be profoundly concerned with those broader aspects of the consumer problem which involve the basic character of our American society."

Management

HOW THE NEW HOUSEWIFE SHALL MANAGE HER HOME. Gladys Beckett Jones. (House and Garden. Vol. 72, No. 4, pp. 22-23, 78, October 1937.) Outlines the housework for a week in a home using modern facilities, and outlines the daily routine. Applies to planning work in the long-established home, as well as in the home of the bride. Only by routine can the modern complex program for living be developed into a scheme of living that allows time for work, leisure, and personal interests. A routine must be chosen that will give members of the family the greatest satisfaction and comfort. The author advises homemakers to determine at the beginning of each week the important jobs to be done, to omit nonessential duties, and not to do unnecessary housekeeping merely to keep busy.

Management

THE GROWTH OF CONSUMER INFLUENCE IN THE RETAIL FIELD. Harold W. Brightman. (Journal of Home Economics. Vol. 29, No. 8, pp. 505-511, October 1937. Reviews the place of the consumer in the retail field and his growing influence there and what the various trade agencies have been doing to meet consumer demands, particularly in the field of labeling and of standards for goods. Gives an outline of how the Home Economics Association can serve in the field of consumer education.

Equipment

I COULDN'T BELIEVE IT. Christine Holbrook. (Better Homes and Gardens. Vol. 16, No. 1, pp. 32-33, illus. 9, September 1937. A brief discussion and nine illustrations showing how a completely equipped sewing room 8 x 8 feet can be planned and finished.

Equipment

HEATING, VENTILATING, AND AIR CONDITIONING: A REFERENCE BOOK FOR ENGINEERS, ARCHITECTS, AND CONTRACTORS. Louis Allen Harding and Arthur Cutts Willard. (New York. John Wiley and Sons, Inc., pp. X + 963, 1916, 1929, 1932.) A highly technical book that covers completely modern knowledge of heating, ventilating, and air conditioning. Some chapter headings: Physical units and the measurement of heat; Fuels and combustion; Estimating seasonal heating requirements for various types of buildings; Direct steam heating; Direct hot-water heating; Warm-air furnace heating; and Air conditioning, air washing, humidifying, cooling, and air drying. Applies to large buildings as well as to dwelling houses.

Equipment

DATE HEATING SEASON BEGINS IN A NORMAL YEAR. (Heating and Ventilating. Vol. 34, No. 10, pp. 45-48. illus. 1, October 1937.) Defines the date heating season begin in normal years, the effects of high mountains and other factors. A colored map and table indicate the date at which the heating season begins.

Equipment

CHAMOIS SKINS. (Consumers' Digest. Vol. 2, No. 4, pp. 56-57, October 1937. Tells how to choose chamois skins. The purchaser need never be deceived by misrepresentation. Let a few drops of water fall on the material. If it is genuine chamois, the water will disappear into the skin as though it were a blotter. This test should be applied to both sides. The water should vanish into a French skin in less than 2 seconds and into a domestic skin in less than 3 seconds. When washing a chamois, best results are obtained by the use of a liberal quantity of good mild soap with lukewarm water, never hot water. It should be thoroughly rinsed, wrung dry, pulled flat, and air-dried.

Equipment

COMPARATIVE MERITS OF HEATING SYSTEMS: HOT WATER HEATING SYSTEMS. (Consumers' Digest. Vol. 2, No. 4, pp. 5-7, October 1937. Takes up the gravity open type, gravity closed or "pressure" type, forced circulating type, and their comparative costs of installation and operation; one- and two-pipe steam systems, subatmospheric vapor type, vacuum heating systems, and condensation pumps of steam-heating systems; one-pipe or pipeless system, gravity-circulating pipe system, forced-circulation pipe system of warm-air heating systems.

Food and Nutrition — NUTRITION ECONOMICS OF DIETARY CALCIUM. Frank L. Gunderson. (American Journal of Public Health. Vol. 27, No. 6, pp. 570-574, June 1937.) The report of a survey on the cost of calcium in different foods in the diet. The lowest cost sources according to the table are milk, American cheese, and soybean flour. The next cheapest sources are soft cream cheese, white potatoes, and spinach. The report concludes, there is need "for more economical, automatic, and accessible food sources of calcium." Suggests the possibility of adding calcium salts to certain foods.

Food and Nutrition — A LABORATORY HANDBOOK FOR DIETETICS. Mary Swartz Rose. (New York. The MacMillan Co., pp. XI + 322, 1937.) The tables giving mineral elements of vitamins have been completely recalculated and are almost double the size of those in the edition of 1929. A discussion of acid-base-forming foods and the table giving the excess acids or base in 100-calorie portions of common food materials have been added. Other changes have also been made.

Food and Nutrition — VITAMINS AND OTHER DIETARY ESSENTIALS. W. R. Aykroyd. (London, William Heinemann, Ltd., pp. XII + 226, 1936.) The second edition, for which a few deletions and additions have been made. The purpose is to interest the general reader in a subject that is growing rapidly more important.

Food and Nutrition — HUMAN NUTRITION AND DIET. W. R. Aykroyd. (London. Thornton Butterworth, Ltd., pp. 260, 1937.) A brief explanation of the various factors of nutrition. Contents: Calories; The energy-yielding food factors; Vitamins; Minerals; Dietary and physical standards; Food-deficiency diseases: The economics of diet; Nutrition, agriculture, and population; Public health nutrition work.

Food and Nutrition — FOREIGN COOKERY. (International Institute, pp. 100, paper.) Recipes are from Albania, Armenia, Austria, Bulgaria, China, Jugoslavia, Czechoslovakia, Denmark, England, Philippine Islands, Finland, France, Italy, Japan, Korea, Norway, Greece, Hawaii, Germany-Hungary, India, Poland, Russia, Scotland, Serbia, Spain, Sweden, Switzerland, Syria, Turkey, Croatia, and Slavonia.

UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service, Division of Cooperative Extension
Washington, D. C.

No. 293 December 1, 1937.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Health THE TRUTH OF THE MATTER: SOME RESPECTABLE FALLACIES ABOUT DIET AND HEALTH. T. Swann Harding. (Medical Record. Vol. 246, No. 6, whole No. 2601, pp. 22, 24. September 15, 1937.) Deplores the lack of knowledge on the part of physicians as well as laymen regarding diet, and points out a need for further study of the digestibility of food, meaning the harmfulness or helpfulness of a food to the individual. Calls attention to the fact that the average physician is likely to warn against fried, greasy, or rich food, pies, pastry, and red meat, and to insist on free use of milk and eggs even when patients object strongly to these foods by saying that they disagree with them. Discusses the study made recently by questionnaire on what foods disagree most generally with a large number of people. Milk and cream stand very high on this list; apples, chocolate, and cabbage also are offensive to many.

Health GREEN POSTURES--AND HOW TO LOSE THEM IN THREE EASY LESSONS. Dorothy Bateman. (Forecast. Vol. 53, No. 8, pp. 344-345, 381, illus. 3, October 1937.) Tells how to attain a graceful posture that does not suggest "calm brown oxfords with efficient flat heels, or tidy Miss Brown who sits straight" all day, wears braces for teeth, and evening dresses with backs. It advises walking with "a gay, stretching look as if you are treading on air." To have good posture means your body is graceful and controlled, you look alive, and posed, and vital.

Health FOOT DISORDERS IN GENERAL PRACTICE. Dudley J. Morton, (The Journal of the American Medical Association. Vol. 109, No. 14, pp. 1112-1119, October 2, 1937.) Though this article is written for physicians it gives considerable information about the structure of the foot, how to care for it, and how to select proper shoes; also how to recognize some of the less marked indications of improper balance on the feet which may cause disorders later.

Child HOME PLAY AND PLAY EQUIPMENT FOR THE PRESCHOOL CHILD. Children's Bureau, U. S. Dept. of Labor. (Washington, D. C., Government Printing Office, paper, pp. 20, 1937.) Contents: Play a way of learning, playing alone, with other children, parties and Christmas; Imitative play, pretending, training the senses; Play equipment, toys, books, and pictures, outdoor play equipment; Suggestions for further reading. Diagrams show how to construct various pieces of equipment.

Child PLAY: THE CHILD'S RESPONSE TO LIFE. Mrs. Rose Haas Alschuler, and Christine Heinig. (New York. Houghton Mifflin Co., pp. 244, illus. 12.) gives practical suggestions on The kind of active play the child needs. Can a sick child be kept contented? What share should the child have in the family living room? What things can children make for themselves from various materials, etc.? Chapter contents: The child's response to life: Parents' opportunities: Children's rights and parents' rights; Adapting the house to the child; Indoor play materials; Play patterns; Indoor play; Outdoor play; Outdoor equipment; Outdoor games; Play prescribed; Excursions; Birthdays and birthday parties; Let's celebrate the holidays; The sick-abed child; Every child has a right to a pet; Nutrition and posture as related to play programs; Clothes can make or break comfort; Needed--a room of one's own.

Child OUR CHILDREN IN A CHANGING WORLD. Erwin Wexberg, and Henry E. Fritsch. (New York, MacMillan Co., pp. XII + 232, 1937.) This book deals thoroughly with the more common problems of child life rather than with a few outstanding but comparatively rare situations. The approach to the material is that of individual psychology, since this science has produced the most satisfactory results whenever its principles have been applied to the problems of child development.

The book is in three parts: I. General problems, which includes the development of personality and the five factors of environment--physical condition of the child, social and economic environment, sex, the family constellation, and education; II. Special problems, which takes up types of children, including the bad or criminal child, the lying child, the overambitious child, the model child, the timid child, the fearful child, the lazy child, the stupid child, and bad habits and nervous symptoms which involve eating troubles and digestive disturbances, thumb sucking and restlessness, disturbances of speech, bedwetting and uncleanliness, and sexual misbehavior; III. Education and corrective measures which include training in behavior, punishment, rewards, and development of attitudes.

Clothing and Textiles

TRUTH ABOUT COSMETICS. Everett G. McDonough. (The Drug and Cosmetic Industry, New York, pp. VIII + 311, 1937.) Contents: Benefits of cosmetics: History of cosmetics and perfumes; The skin; Allergy; Cosmetic dermatitis; Romance of cosmetic raw materials; Cosmetic colors; Cold cream and all-purpose creams; Creams and lotions; Foundation for make-up; Make-up preparations; Face powders; Acne and preparations; Pigmentation and surface-stains preparations; Nails, hands, and arms; Hair dyeing; Other hair preparations; Superfluous hair removal; Permanent waving of hair; Permanent waving solutions; Scalp disorders; Oral preparations; Sweat glands and preparations; Soap and bath preparations; Perfumes; Beauty preparations for men; Obesity--treatment and preparations; The beauty shop and operator; Cosmetic publicity.

Clothing and Textiles

DOES THE SHOE FIT? Ethel Holland Little. (Woman's Home Companion. Vol. 64, No. 10, pp. 72, October 1937.) Urges you to give the shoemaker a chance to fit you, by studying various makes of shoes until you find a make you like and then sticking to it, also by keeping an open mind about sizes. Too few people are willing to let the clerk fit them. They buy to fit the eye and not the foot. Stand on your feet during the measuring process, see that the ball of your foot rests squarely on the ball of the shoe, walk about, be sure the shoe does not gap. Copy all the numbers in all the shoes you buy and keep them. If you cannot find your size at any future time, you can order either through the store or direct.

Clothing and Textiles

SOME FEATURES OF CROCK TESTS. Walter C. Durfee. (American Dyestuff Reporter. Vol. 26, No. 15, pp. 446-447, July 26, 1937.) Explains briefly why some fabrics crock. "Crock" means bad dyeing, dirt in the cloth, etc., which causes the color of loose or freshly loosened fibers to rub off.

Clothing and Textiles

DYEING LOGWOOD BLACKS ON SILK AND RAYON MATERIALS. F. P. W. Wilsome. (American Dyestuff Reporter. Vol. 26, No. 17, pp. 501-502, August 23, 1937.) Tells of the extent to which the old-time natural dyeing logwood is being used in producing black on textile fibers owing to certain valuable characteristics it possesses. The rich bloomy shade of black obtainable by means of logwood cannot be surpassed or even equaled by that of the other dyes. In certain circumstances, it can be produced easily and cheaply. However, it does not work so well on acetate rayons.

Social

RECENT TRENDS IN RURAL PLANNING. William E. Cole, and Hugh Price Crowe, (New York. Prentice-Hall, Inc., 1937, pp. XV + 579.) The preface says, "The present volume represents a compilation of various attempts which have been made to attack, systematically, certain rural problems and to plan for a rural life designed to achieve individual adequacy, on the one hand, and social effectiveness on the other. An attempt has been made to draw not only upon rural planning experiences of rural areas of this country, but also upon the experiences in rural planning in other countries."

Chapters: A philosophy of rural planning; The economic bases of rural planning; Human resources and rural planning; Recent trends in land-use planning; Land settlement as a security measure; Land settlement planning in Europe; Planning for effective rural social welfare; The prevention and treatment of rural juvenile delinquency; Rural crime control and the administration of justice; Planning for effective rural health conditions; Making rural education accessible and adequate; Recent trends in rural library planning; Planning for effective rural recreation; Rural church planning; Planning for more effective rural government; Recent trends in rural electrification.

4-H club work and home demonstration work are referred to under the chapter on recreation and mentions the work of agents in community singing, dramatics, dancing, etc. Mentions farm women's camps which, "are outstanding for both their educational and recreational work. Also, "Although these rural clubs are contributing much toward the recreational needs of rural people, many of them are suffering from the same obstacles which confront the church, the school, and the library, namely, the lack of leadership, lack of adequate meeting places, and lack of inclusive programs. There is need for an expansion of the personnel of the State agricultural extension service in the recreation field. In addition to their club workers, every State college should have at least one worker who gives all his time to rural recreation work."

Social

THE SOCIOLOGY OF FAMILY LIFE. Carl C. Taylor. (Journal of Home Economics. Vol. 29, No. 8, pp. 512-516, October 1937.) Given by Mr. Taylor at the American Home Economics Association meeting at Kansas City. Discusses, among other things the relationship of child to parent, and child to child. He says it must be admitted that the family as an integral social group is not so important today as in past generations, because of the removal from the home of many occupations once carried on there, and that the modern family's relations to the outside world are becoming ever more intimate and functional. The following things must be done: Parents must learn intelligent parenthood, learn to understand and appreciate the role of outside stimuli in the life of their children; experts in schools, churches, industries, and professional services must come to understand that expert services in science, business, and art can never be substituted for the almost organic relationships which always have been and always must be the genus of family life.

UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service, Division of Cooperative Extension
Washington, D. C.

No. 294 December 8, 1937.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith reference to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Child EARLY EVIDENCES OF INDIVIDUALITY IN THE HUMAN INFANT. Professor Arnold Gesell. (The Scientific Monthly. Vol. 45, September 1937, whole no. 264, pp. 217-225, illus. 12.) A report dealing with the analysis of data gathered at the Yale Clinic of Child Development relating to the question of whether or not very young infants have individual differences. The results indicate certain fundamental traits of individuality and that these persist as the child grows older.

Child THE DIAGNOSIS AND TREATMENT OF BEHAVIOR-PROBLEM CHILDREN. Harry J. Baker, and Virginia Traphagen. (N.Y. The MacMillan Co., 1935, pp. XIV + 393.) The introduction says the authors have brought together "a comprehensive picture of the crucial element in the life of the child. Any child who is in need of health can be viewed against this remarkably complete analysis sheet of a human life.

Contents: Introduction and historical background; The Detroit behavior scale; its administration and evaluation; Interpretation of the sixty-six factors; Case studies, statistical evaluations, and conclusions. Also includes a list of diagnostic items: Child's early and present health; children's serious infectious diseases; accidents; speech defect; defect of vision, hearing, orthopedic; size for age; motor control; muscular coordination; convulsions, seizures; nervousness; personal hygiene, clothing; looks or appearance; early and present self-care; home duties; conditions of eating; eating habits; time and conditions of sleeping; dreams, early and later recreational facilities; playmates, and companions; social and personality type; anger, rage, revenge, fear, dread, anxiety, excitement, shock, uneasiness, pity, sympathy, enthusiasm, intelligence, interests, hobbies, initiative, ambition, vocational interests, general behavior; intelligence, health, personality, and education of father and mother; age of parents at birth of child; occupation; economic status; home language; other adults in home; number and position in siblings; adjustments to siblings; legal status; broken home; general home atmosphere; ideals of home; religion; family recreation; parents' social adjustment; discipline; attitude toward child; child's attitude toward home; school attendance; scholarship; child's attitude toward school.

Equipment HAIR FROM TREES--SPANISH MOSS IS NEW UPHOLSTERING MATERIAL. Robert E. Martin. (Popular Science Monthly. Vol. 130, June 1937, no. 6, pp. 32-33, 119, illus. 7.) This article states: "Nearly seventy small factories, scattered through Louisiana and Florida, are ginning Spanish moss to obtain its wiry inner fiber. In the last 12 months, more than 20,000,000 pounds of this vegetable hair went into the upholstered seats of streamline trains, transcontinental busses, airplanes, yachts, and de luxe trailers, as well as into mattresses and household furniture." Tells how the moss is gathered, prepared for use, and in what industries it is being used.

Equipment THE BUYING AND RESTORATION OF OLD FURNITURE. Sterling W. Edwards. (Consumers' Digest. Vol. 2, October 1937, no. 4, pp. 20-27.) Tells where best to purchase antique furniture, how to recognize the difference in eastern white pine, mahogany, walnut, maple, and cherry, which were the woods commonly used in such furniture. It tells how to clean furniture after it is purchased, and gives a contract to be drawn up between the purchaser and the cabinetmaker who will restore old pieces. Prices that are commonly paid for chests, tables, chairs, and beds are quoted. Among rules for the selection of pieces to be purchased are: Examine all drawers and fittings, slides and dovetailing; turn the table upside down and examine hinges and joints, test firmness of legs, and note wear around feet; examine wood under veneers for cracks, kind of wood, and repairs; get approximate cost on refinishing if needed.

Equipment A COUNTY AGENT'S OWN EXPERIENCE--DOES ELECTRICITY COST TOO MUCH? H. N. Wells. (Agricultural Leaders' Digest. Vol. 18, October 1937, no. 7, pp. 36-38.) Gives the experience of a county agent who relates the cost of electricity in his own home and what electricity can be used for without undue expense. His reports showed it is most expensive for the heating of water.

Equipment OIL HEATING HANDBOOK. Han A. Kunitz. (G. B. Lippencott Co. Philadelphia, 1937, 2nd ed., pp. X + 464, illus. 16.) A manual of theoretical and practical considerations entering into the manufacture, installation, and use of oil burners in moderate-sized heaters. Includes tables, diagrams, and data, and is intended as a handbook for builders, and others. The parts are entitled: Oil-burner system and classification; Combustion; Heating and heating systems; Survey and installations; Retail selling; and, Forms, tables, and terminology.

Education

PROBLEMS IN ADULT EDUCATION NEEDING STUDY. A. Caswell Ellis. (School and Society. Vol. 46, October 9, 1937, no. 1189.) The author says that the three things most needed in adult education are: (1) The coordination of work now scheduled through various departments of educational institutions; (2) new types of courses, that the adult students may obtain realistic ideas of the business and political worlds; (3) more effective methods and techniques for educational, vocational, and personal counseling of adults of all ages. He particularly emphasizes the need for better techniques in counseling adults and states that a large part of the effort spent in teaching adults will continue to be wasted or worse, until better techniques for such testing and counseling have been worked out. He closes by saying that adult education is suffering from growing pains, and that more study of its problems is needed if we are to escape the rickets and, possibly, unhappy pubescent psychoses in this field.

Education

TEACHING WITH MOTION PICTURES: A HANDBOOK OF ADMINISTRATIVE PICTURES. Edgar Dale and Lloyd L. Ramseyer. (American Council on Education Studies. Vol. 1, April 1937, no. 2, pp. 59.) Some topic headings in this bulletin: Should silent or sound pictures, or both, be used? What are satisfactory sources of films? Shoud we rent, buy, or use free films? How should the films be chosen? What provisions should be made for the storing, handling, and distribution of films and equipment? How shall the films and equipment be serviced? What records must be kept in the handling of films? How shall we train teachers to make the best possible use of films and equipment? What specific suggestions can be given on how to teach with films?

Education

LIBRARY SERVICE IN RURAL AREAS. Louis R. Wilson. (Social Forces. Vol. 15, May 1937, no. 4, pp. 525-530.) The author says 45,000,000 people, mainly in rural areas, are without library service. He outlines a program for getting general library service for rural sections: (1) "The development of county libraries where the population and assessed valuation of property are sufficient to insure proper support; (2) the combination of two or more counties into a regional library in instances where the individual counties cannot support adequate service; (3) the close cooperation of county school, library, agricultural, and public-health interests in the development of cooperative programs in order that the limited finances can be made to serve the greatest number possible."

Food and Nutrition THE MYSTERY OF THE LIFE ELEMENTS. Barclay Moon Newman. (Scientific American. Vol. 157, October 1937, no. 4, pp. 218-220.) Discusses why man must have 15 of the known chemical elements and does not utilize the other 75, and suggests the possibility that some of these others may be helpful in keeping him in the best of condition.

Food and Nutrition THE USE OF LARD IN CAKE BAKING. Dorothy G. Berrigan. (Cereal Chemistry. Vol. 14, July 1937, no. 4, pp. 525-531.) The summary states, "In order to obtain good results with lard as the shortening, the several following factors should be taken into consideration: When using lard, it is necessary to increase the amount of fat used. . . . Cakes made by this standard formula and having high initial viscosity proved to have good volume and crumb texture, while those having low initial viscosity showed small volume and poorer texture. It is necessary to decrease the amount of liquid in order to obtain as high a viscosity as that of a hydrogenated fat. The amount of sugar must be reduced. When combining hydrogenated fats and the other dry ingredients, equally good results should obtain when all the ingredients are mixed simultaneously. That lard and an excess amount of egg albumin appear to have an antagonistic reaction and that the viscosity and volume are greatly reduced when all the ingredients are mixed at one time. By reserving the albumin and part of the sugar--to be used as a meringue--both the viscosity and the final volume are increased considerably. . . . When less sugar, less liquid, and more lard are used, and the albumin is added in the form of a meringue after the dry ingredients have been thoroughly mixed, a comparable product can be obtained when lard is used as the shortening."

Food and Nutrition RECENT DEVELOPMENTS IN THE CANNING OF FRUIT JUICES. S. Henry Ayers. (The Fruit Products Journal and American Vinegar Industry. Vol. 17, October 1937, no. 2, pp. 41-44, 55.) Explains the quality of fruit, the extraction methods, the deaeration and filling of the cans with juices, particularly those from citrus fruits. Conclusions are that quick heating and cooling are necessary in the production of the best quality of fruit juices. Tomato juice processed by the flash heating system described in the article has a fresh, uncooked flavor entirely different from that of the usual canned tomato juice.

Food and Nutrition HOW WOULD YOU MATCH THEM UP? E. V. McCollum. (McCalls. Vol. 65, October 1937, no. 1, pp. 60, illus. 4.) The type of breakfast needed by people in different occupations. Menus are suggested.

Food and Nutrition FOOD FATS AND OILS--BETTER BUYMANSHIP BULLETIN NO. 22. (Household Finance Corporation, 1937, pp. 14.) Discusses fats for table use, for shortening, and for frying - oleomargarine, peanut butter, olive oil and other salad oils for the table, lard, compounds, all hydrogenated vegetable shortenings, hydrogenated coconut oil and home-rendered drippings for shortening; also, the care and storage of fats and their food values and digestibility.

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BRAND HOSE QUALITIES VARY GREATLY, SAYS U. S. SURVEY. (Women's Wear Daily, May 24, 1935, p. 13.)

"A great variation exists in the qualities of standard brands of hosiery, and often in the same style, color and price of a single brand, the National Bureau of Standards reports in a pamphlet entitled 'A Basis for a Performance Specification for Women's Full-Fashioned Silk Hosiery' ... stockings of the same style, number, and brand which were purchased 3 months apart from the same store did not give the same results. The stockings which were purchased at the earlier date had stretch-endurabilities less than 200 flexing cycles, while those which were purchased at the later date had stretch-endurabilities greater than 1,000 flexing cycles .... In another instance a number of pairs of stockings of the same style, number, brand, color, size, and price were purchased at the same time from one store. It was found that part of these stockings (assuming a 14-inch needle bar) were knit on a 42-gauge knitting machine, while the others were either skimped or were knit on a 39-gauge knitting machine. There was, therefore, no assurance that these stockings were degummed, dyed, and finished alike." The contents of the report are further discussed.

CONSTRUCTION STANDARDS FOR FULL-FASHIONED HOSIERY APPROVED. (Amer. Silk and Rayon Jour., vol. 56, May 1935, no. 5, p. 32.)

"A new code of standards for the manufacturer of women's full-fashioned hosiery was approved by three-fourths of the membership of the National Association of Hosiery Manufacturers at a special meeting held in Commercial Museum, Philadelphia, on April 23 .... The new standards will be submitted to the United States Bureau of Standards, for a formal vote from the industry on their establishment as a commercial 'yardstick.' Six months after receiving approval by 66 percent of the manufacturers, the new code of standards will be into effect .... The Committee's plan divides the stocking into four zones, defining the maximum of irregularities which may appear in each zone in a stocking of a given classification as to quality. The report recognizes that certain silk defects cannot be avoided, and must

be accepted in the commercial production of hosiery. The effect of these must, however, be judged in connection with their size and position, and the color and weight of the stocking. For example: Zone 4 is that portion of the stocking including the foot, and extending to a point 8 inches from the bottom of the heel. This portion is that most commonly exposed to view, including as it does the ankle portion, and no irregularities of any kind are permitted in this portion for a stocking to be classified as first quality .... Construction standards establish minima as to the width of the needle bar, the number of flare narrowings, the total length of the stocking, and the number of courses from picot to heel loose courses. No tolerance below these minima is permitted."

ILLINOIS BILL SEEN BLOW TO SHOE DEALERS. Correspondent. (Women's Wear Daily, May 21, 1935, page 10.)

This refers to the chiropody bill pending in the Illinois Senate. "Chicago, May 21 .... The chamber points out that if this bill is passed, no retailer could advertise or sell any corrective shoe, any surgical appliance, pertaining to the foot, corn pads, foot remedies, powders, etc. ... to prevent persons other than chiropodists licensed under the Act to recommend such articles as arch supports, shoes specially manufactured to care for any malformation or foot ailment, or any powders, lotions, pads, corn plasters, or any other foot remedies .... In fact, it appears that the recommending of any kind of shoes or suggesting the correct last or type of shoe that would give the greatest comfort to anyone suffering from a foot ailment would constitute the practice of chiropody and would render anyone other than a licensed chiropodist, physician, or surgeon making such a recommendation subject to a fine or imprisonment or both .... The Act would render it impossible for corporations selling shoes to give intelligent advice or information in regard to the proper selection and fitting of shoes. This is directly contrary to the recent widespread agitation for more and better training of shoe clerks so as to insure customers getting better fitting shoes."

SHOE GOSSIP. Katherine Royster. (Forecast, vol. 49, May 1935, no. 5, pp. 209 ff.)

This is an article on the need for the selection of proper shoes. "The proper shoe for anyone is the comfortable shoe .... A young lady would be sharply criticized and embarrassed if she were to appear on a dance floor in Oxfords. She would use equally bad taste in attempting tennis in spike heels. Yet this same young lady may go to school all day wearing high heels and be neither embarrassed nor criticized, although she is doing herself more harm. All day she has placed the greater part of her weight on the front or ball of her feet, throwing her body forward and out of line with its normal upright plane. The constant use of high heels as walking or working shoes may have several ill effects. The anterior arch between the metatarsals of the foot may be lowered, thickenings and callouses on the ball of the foot may appear, fatigue, irritability, and backache are likely to result .... Many doctors recommend that the majority of people would be better off if they did go barefooted at least 1 hour a day. I am not suggesting that you stop buying shoes, but you might try this in private if you wish ... as the only place bare feet are correct is the beach .... We can be glad that our shoe styles today do not require the high-

top shoes of the Venetian ladies or the bound feet of the Chinese .... A conscience is a good guide in many instances, but in buying shoes I would let my feet lead the way!"

SCIENTIFIC TREATMENT OF FOOT DISORDERS. C. C. Parks. (Medical Record, vol. 141, Feb. 6, 1935, no. 3, pp. 138-140. 5 illus.)

"A careful survey of the patients of every physician will show that a good proportion of them suffer from disorders of the feet, even though they are not the object of a chief complaint .... In reviewing the literature relative to foot treatment, one is impressed by the lack of advance along this line of medical work. In the majority of instances it has been left to the unscientific and unscrupulous .... The principal causative agent of these are poorly constructed shoes--shoes manufactured mostly for style, instead of support and foot balance .... A shoe should be constructed so that the pivotal weight-bearing areas are properly taken care of, and the original arch conformations maintained .... Foot imbalance leads to varying degrees of pathological conditions, not only of the feet, but elsewhere along the weight line of the body .... All callosities, corns, and other impediments should be removed by a competent chiropodist to relieve the patient of any irritation about the feet that might interfere with proper walking. Those who have taken some interest in this work will know that foot disalinement causes improper circulation .... The average shoe manufacturer has not taken anatomy and the functional requirements of the foot and body posture into consideration. He has been guided by style and the limitation of his lasts and shoe machinery .... The normal foot has definite weight-bearing areas .... The outer edge of the foot, which is the weight-bearing side, in standing or walking is a less sensitive portion of the foot .... The normal foot supports the weight of the body at the heel, along the outer part of the foot to the outer ball, and then diagonally across to the large toe. When man walked on the ground, barefoot, he had a definite solid support for the center line of body weight. When we jack up our feet with heels on footwear, we still need that solid support and must provide for it in the construction of the shoe." The illustrations show bony structure and nerve and blood supply for the foot, and also describe a correct shoe.

HAT BRAIDS AND HAT BODIES CONTAINING SYNTHETIC TEXTILE. United States Tariff Commission. (U. S. Tariff Commission Report no. 97, 2d ser. 1935, pp. iv-12.)

Complaint was made that certain hat braids and bodies of a kind not made in this country were competing with domestically made ones. The report says in part: "1. Pedaline and neora braids are materials for women's hats made from yarns or strips in which a basic textile fiber is covered with cellophane. The imported hat bodies, specially mentioned in the present complaint as injuriously affecting the domestic braid industry, are chiefly those made by the so-called 'remaille process' from braids (chiefly neora) containing synthetic material, not being, however, the material of chief value .... 3. Imports of pedaline and neora braids are at present chiefly from Japan. Prior to 1933 they came mostly from Switzerland. Imports of ramaille hat bodies are chiefly from Italy, some also coming from Japan .... Pedaline is a name commonly applied to a particular

kind of yarn which is composed of a hemp or other fiber core (usually hemp), wrapped spirally with a narrow strip of cellophane. Neora is a trade name now generally in use, descriptive of a material constructed by laminating or sandwiching a ramie band between two cellophane strips. The laminated material thus formed is subsequently cut into various widths as required for braiding or weaving. Braids made from pedaline or neora yarns as described above are commonly known in the trade as pedaline and neora braids. They are lustrous and pliable and are typical millinery braids which have evidenced their adaptability and desirability as materials for hat manufacture through continued use for many years. The hats, bonnets, and hoods, not blocked or trimmed, wholly or in part of synthetic textile that have been most directly competitive with the product of the complainants are a type of hat body made by what is called the ramaille process, which consists of hand lacing in edge-to-edge fashion neora or similar braids into rough bodies."

DRESS REFORM IN THE FACTORY. J. H. Mitchell. (Human Factor, vol. 8, 1934, pp. 367-375, 5 figs. Abstracted in Bulletin of Hygiene, vol. 9, December 1934, no. 12, p. 798.)

"The advantages are set out on working clothes, attractive and suitable, over the more usual habit of wearing any old garments. An expert is required to design such clothes; they cannot be safely left to the workers; thus, an examination of the shoes of 97 women showed that 37 had foot troubles; 43 wore shoes too short; 40 wore heels that upset the body balance; 19 wore heels injuriously high; and 59 wore shoes that fitted so badly as to distort the feet. Working clothing must be designed scientifically to promote economy in movement and reduction of fatigue. Buttons are taboo; the 'zip' fastener is far better .... The more vigorous the exercise, the lighter should be the clothing, so as to minimize unnecessary sweating."

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Besides telling the history of Navajo weaving, this book explains different kinds of finger weaving, such as plaiting, looping, and twining, also the development of the loom in America and the Old World. There is a chapter on native dyes.

BRAND HOSE QUALITIES VARY GREATLY, SAYS U. S. SURVEY. (Women's Wear Daily, May 24, 1935, p. 13.)

"A great variation exists in the qualities of standard brands of hosiery, and often in the same style, color and price of a single brand, the National Bureau of Standards reports in a pamphlet entitled 'A Basis for a Performance Specification for Women's Full-Fashioned Silk Hosiery' ... stockings of the same style, number, and brand which were purchased 3 months apart from the same store did not give the same results. The stockings which were purchased at the earlier date had stretch-endurabilities less than 200 flexing cycles, while those which were purchased at the later date had stretch-endurabilities greater than 1,000 flexing cycles .... In another instance a number of pairs of stockings of the same style, number, brand, color, size, and price were purchased at the same time from one store. It was found that part of these stockings (assuming a 14-inch needle bar) were knit on a 42-gauge knitting machine, while the others were either skimped or were knit on a 39-gauge knitting machine. There was, therefore, no assurance that these stockings were degummed, dyed, and finished alike." The contents of the report are further discussed....

CONSTRUCTION STANDARDS FOR FULL-FASHIONED HOSIERY APPROVED. (Amer. Silk and Rayon Jour., vol. 56, May 1935, no. 5, p. 32.)

"A new code of standards for the manufacturer of women's full-fashioned hosiery was approved by three-fourths of the membership of the National Association of Hosiery Manufacturers at a special meeting held in Commercial Museum, Philadelphia, on April 23 .... The new standards will be submitted to the United States Bureau of Standards, for a formal vote from the industry on their establishment as a commercial 'yardstick.' Six months after receiving approval by 66 percent of the manufacturers, the new code of standards will be into effect .... The Committee's plan divides the stocking into four zones, defining the maximum of irregularities which may appear in each zone in a stocking of a given classification as to quality. The report recognizes that certain silk defects cannot be avoided, and must

be accepted in the commercial production of hosiery. The effect of these must, however, be judged in connection with their size and position, and the color and weight of the stocking. For example: Zone 4 is that portion of the stocking including the foot, and extending to a point 8 inches from the bottom of the heel. This portion is that most commonly exposed to view, including as it does the ankle portion, and no irregularities of any kind are permitted in this portion for a stocking to be classified as first quality .... Construction standards establish minima as to the width of the needle bar, the number of flare narrowings, the total length of the stocking, and the number of courses from picot to heel loose courses. No tolerance below these minima is permitted."

ILLINOIS BILL SEEN BLOW TO SHOE DEALERS. Correspondent. (Women's Wear Daily, May 21, 1935, page 10.)

This refers to the chiropody bill pending in the Illinois Senate. "Chicago, May 21 .... The chamber points out that if this bill is passed, no retailer could advertise or sell any corrective shoe, any surgical appliance, pertaining to the foot, corn pads, foot remedies, powders, etc. ... to prevent persons other than chiropodists licensed under the Act to recommend such articles as arch supports, shoes specially manufactured to care for any malformation or foot ailment, or any powders, lotions, pads, corn plasters, or any other foot remedies .... In fact, it appears that the recommending of any kind of shoes or suggesting the correct last or type of shoe that would give the greatest comfort to anyone suffering from a foot ailment would constitute the practice of chiropody and would render anyone other than a licensed chiropodist, physician, or surgeon making such a recommendation subject to a fine or imprisonment or both .... The Act would render it impossible for corporations selling shoes to give intelligent advice or information in regard to the proper selection and fitting of shoes. This is directly contrary to the recent widespread agitation for more and better training of shoe clerks so as to insure customers getting better fitting shoes."

SHOE GOSSIP. Katherine Royster. (Forecast, vol. 49, May 1935, no. 5, pp. 209 ff.)

This is an article on the need for the selection of proper shoes. "The proper shoe for anyone is the comfortable shoe .... A young lady would be sharply criticized and embarrassed if she were to appear on a dance floor in Oxfords. She would use equally bad taste in attempting tennis in spike heels. Yet this same young lady may go to school all day wearing high heels and be neither embarrassed nor criticized, although she is doing herself more harm. All day she has placed the greater part of her weight on the front or ball of her feet, throwing her body forward and out of line with its normal upright plane. The constant use of high heels as walking or working shoes may have several ill effects. The anterior arch between the metatarsals of the foot may be lowered, thickenings and callouses on the ball of the foot may appear, fatigue, irritability, and backache are likely to result .... Many doctors recommend that the majority of people would be better off if they did go barefooted at least 1 hour a day. I am not suggesting that you stop buying shoes, but you might try this in private if you wish ... as the only place bare feet are correct is the beach .... We can be glad that our shoe styles today do not require the high-

top shoes of the Venetian ladies or the bound feet of the Chinese .... A conscience is a good guide in many instances, but in buying shoes I would let my feet lead the way!"

SCIENTIFIC TREATMENT OF FOOT DISORDERS. C. C. Parks. (Medical Record, vol. 141, Feb. 6, 1935, no. 3, pp. 138-140. 5 illus.)

"A careful survey of the patients of every physician will show that a good proportion of them suffer from disorders of the feet, even though they are not the object of a chief complaint .... In reviewing the literature relative to foot treatment, one is impressed by the lack of advance along this line of medical work. In the majority of instances it has been left to the unscientific and unscrupulous .... The principal causative agent of these are poorly constructed shoes--shoes manufactured mostly for style, instead of support and foot balance .... A shoe should be constructed so that the pivotal weight-bearing areas are properly taken care of, and the original arch conformations maintained .... Foot imbalance leads to varying degrees of pathological conditions, not only of the feet, but elsewhere along the weight line of the body .... All callosities, corns, and other impediments should be removed by a competent chiropodist to relieve the patient of any irritation about the feet that might interfere with proper walking. Those who have taken some interest in this work will know that foot disalinement causes improper circulation .... The average shoe manufacturer has not taken anatomy and the functional requirements of the foot and body posture into consideration. He has been guided by style and the limitation of his lasts and shoe machinery .... The normal foot has definite weight-bearing areas .... The outer edge of the foot, which is the weight-bearing side, in standing or walking is a less sensitive portion of the foot .... The normal foot supports the weight of the body at the heel, along the outer part of the foot to the outer ball, and then diagonally across to the large toe. When man walked on the ground, barefoot, he had a definite solid support for the center line of body weight. When we jack up our feet with heels on footwear, we still need that solid support and must provide for it in the construction of the shoe." The illustrations show bony structure and nerve and blood supply for the foot, and also describe a correct shoe.

HAT BRAIDS AND HAT BODIES CONTAINING SYNTHETIC TEXTILE. United States Tariff Commission. (U. S. Tariff Commission Report no. 97, 2d ser. 1935, pp. iv-12.)

Complaint was made that certain hat braids and bodies of a kind not made in this country were competing with domestically made ones. The report says in part: "1. Pedaline and neora braids are materials for women's hats made from yarns or strips in which a basic textile fiber is covered with cellophane. The imported hat bodies, specially mentioned in the present complaint as injuriously affecting the domestic braid industry, are chiefly those made by the so-called 'remaille process' from braids (chiefly neora) containing synthetic material, not being, however, the material of chief value .... 3. Imports of pedaline and neora braids are at present chiefly from Japan. Prior to 1933 they came mostly from Switzerland. Imports of ramaille hat bodies are chiefly from Italy, some also coming from Japan .... Pedaline is a name commonly applied to a particular

kind of yarn which is composed of a hemp or other fiber core (usually hemp), wrapped spirally with a narrow strip of cellophane. Neora is a trade name now generally in use, descriptive of a material constructed by laminating or sandwiching a ramie band between two cellophane strips. The laminated material thus formed is subsequently cut into various widths as required for braiding or weaving. Braids made from pedaline or neora yarns as described above are commonly known in the trade as pedaline and neora braids. They are lustrous and pliable and are typical millinery braids which have evidenced their adaptability and desirability as materials for hat manufacture through continued use for many years. The hats, bonnets, and hoods, not blocked or trimmed, wholly or in part of synthetic textile that have been most directly competitive with the product of the complainants are a type of hat body made by what is called the ramaille process, which consists of hand lacing in edge-to-edge fashion neora or similar braids into rough bodies."

DRESS REFORM IN THE FACTORY. J. H. Mitchell. (Human Factor, vol. 8, 1934, pp. 367-375, 5 figs. Abstracted in Bulletin of Hygiene, vol. 9, December 1934, no. 12, p. 798.)

"The advantages are set out on working clothes, attractive and suitable, over the more usual habit of wearing any old garments. An expert is required to design such clothes; they cannot be safely left to the workers; thus, an examination of the shoes of 97 women showed that 37 had foot troubles; 43 wore shoes too short; 40 wore heels that upset the body balance; 19 wore heels injuriously high; and 59 wore shoes that fitted so badly as to distort the feet. Working clothing must be designed scientifically to promote economy in movement and reduction of fatigue. Buttons are taboo; the 'zip' fastener is far better .... The more vigorous the exercise, the lighter should be the clothing, so as to minimize unnecessary sweating."